CHAPTER-I

INTRODUCTION

1.1 INTRODUCTION

The concept of fitness has a long and involved history. According to the literature on the subject, it can be traced to the work done by Charles Darwin of the survival of the fittest. Always the word fitness suggests the ability of an animal or a human to work and play with a maximum degree of physical efficiency and to be prepared to meet unforeseen danger or destruction.

The modern scientific age, in every field of human endeavor systematic, objective and scientific procedures are followed in accordance with the principles based on experience, understanding and application of scientific knowledge. The field of games and sports has been made possible due to research, experimentation and scientific knowledge in games and sports.

Most of young persons like sport and other forms of physical activity. They are also concerned with the nation's health and fitness. As a result many young persons are exploring the field of physical education and sport as a possible career. As part of this exploration process they want to know the realm of employment opportunities in physical education and sport and if they can contribute to this profession. They also want to know the developing trends in the field, and what the future holds for the profession and the personal and professional qualities that will help them to attain success if they choose physical education and sport as a career.

Physical education is an educational process that has its aim, the improvement of human performance and enhancement of human development through the medium of physical activities selected to realize this outcome. Physical education includes the acquisition and refinement of motor skills, the development and maintenance of fitness for optimal health and well being the attainment of knowledge about physical activities and exercise, and the development of positive attitudes toward physical activity as a
means to improve human performance. Physical education is not only concerned with the physical outcomes that accrue from participation in activities but also the development of knowledge and attitudes conducive to lifelong learning and lifespan participation.

Having understood the meaning of the two terms separately, now it would be convenient to define “physical education”. It refers to a process of “education that develops the human body fitness and movement skills. Therefore, it transcends all misconceptions and misgivings about physical education as a field of teaching and being considered as an ingredient of general education”.

Physical education is a process that enhances the development of individuals through physical activity. A vital concern of physical education & sports is defined as physical activities with established rules engaged in by individuals attempting to outperform. These terms are broadly defined to reflect the contemporary status of this dynamic field and its expanding scope. The term physical education and sport encompasses a diversity of programmed in a variety of settings serving people of all ages.

A National Plan of Physical Education and Recreation (1956), the pioneer document prepared by the Central Advisory Board of Physical Education and Recreation in India, points out, “Physical Education is an education it is education through physical activities for the development of total personality of the child to its fullness and perfection in body, mind and spirit”.

Sport is an institutionalized competitive activity that involves vigorous physical, exertion or the use of relatively complex physical skills by individuals whose participation is motivated by a combination of the intrinsic satisfaction associated with the activity itself and the external rewards earned through participation.

Sport is, “carrying away from work”, (Die and Porter) suggesting an absolute freedom of activity. The major aim of sports is recreation. Having become highly competitive, sports today are seen in a much broader perspective than ever before. Sports are largely individual events such as Athletics, Archery, Swimming, Shooting etc.

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wherein the participant tries to competition – the means to excel and achieve high standards in as well as those of others. Today, sports are highly organized. They are institutionalized. Rules of organization and competition are well defined for each sport discipline. With research and scientific inputs, there is a constant effort by athletes to improve standard in performance and achieve perfection in skill. Several sports have carry-over value. They can be played even in old age depending upon the physical condition of the person. Sports include team game, combative games, aquatic game, ball game, racket game, yoga, adventure game, marshal art games and recreational game like Action song, Motion Story, Music and Aerobics.

THE GAME OF KABADDI

Kabaddi is aptly known as the "GAME OF THE MASSES "due to its popularity, and public appeal with simple and easy rules to comprehend. The game calls for no sophisticated equipments, which makes it a very popular sport in the developing countries. Though it is basically an out door sport played on clay court, of late the game is being played on synthetic surface indoors with great success. The duration of the game is 45 minutes for men & junior boys with a five-minute break in between for the teams to change sides. In the case of women/girls & sub junior boys, the duration is 35 minutes with a five-minute break in between.

Kabaddi is a combative team game, played with absolutely no equipment, in a rectangular court, either out-doors or indoors with seven players on the ground in each side. Each side takes alternate chances at offence and defence. The basic idea of the game is to score points by raiding into the opponents court and touching as many defense players as possible without getting caught on a single breath. During play, the players on the defensive side are called "Antis" while the player of the offence is called the "Raider". Kabaddi is perhaps the only combative sport in which attack is an individual attempt while defence is a group effort. The attack in Kabaddi is known as a 'Raid'. The antis touched by the raider during the attack are declared 'out' if they do not succeed in catching, the raider before he returns to home court. These players can resume play only when their side scores points against the opposite side during their raiding turn or if the remaining players succeed in catching the opponent's raider.

Ibid. p. 6
Yoga, the Indian science to control body and mind through meditation and self-control, plays an integral part of Kabaddi. The raider has to enter the opponents’ court chanting the word "Kabaddi" while holding his breath and has to continue to do so until he returns to his home court. This is known as 'Cant', which is closely related to "Pranayama" of yoga. While Pranayama is about with holding breath in order to exercise internal organs, cant is the means to with hold breath with vigorous physical activity. This is perhaps one of the few sports to combine yoga with hectic physical activity.

The game calls for agility, good lung capacity, muscular co-ordination, presence of mind and quick responses. For a single player to take on seven opponents is no mean task, requires dare as well as an ability to concentrate and anticipate the opponents’ moves.

ORIGIN

The sport has a long history dating back to pre-historic times. It was probably invented to ward off group attacks by individuals and vice-versa. The game was very popular in the southern part of Asia played in its different forms under different names. A dramatized version of the great Indian epic, the "Mahabharata". has made an analogy of the game to a tight situation faced by Abhimaneu, the heir of the Pandava kings when he is surrounded on all sides by the enemy. Buddhist literature speaks of the Gautam Buddha playing Kabaddi for recreation. History also reveals that princes of yore played Kabaddi to display their strength and win their brides!

The game, known as Hu-Tu-Tu in Western India, Ha-Do-Do in Eastern India & Bangladesh, Chedu-gudu in Southern India and Kabaddi in Northern India, has undergone a sea chance through the ages. Modern Kabaddi is a synthesis of the game played in its various forms under different names.

FORMS OF KABADDI

AMAR

Amar literally means invincible. This is a form of Kabaddi, which is played based-on points scored by both sides. The play field has no specific measurements and nine to eleven players constitute each of the teams. In this form of Kabaddi, there is no out and revival system or 'Iona' but time is the deciding factor. The main advantage of this form
of the game is that tile players remain in the court through out the match and are able to give their best performance.

GEMINI

This form of Kabaddi is played with nine players on either side, in a play-field of no specific measurements. The principle characteristic of this form of Kabaddi is that a player who is put out has to remain out until all his team members are put out. The team that is successful in putting out all the players of the opponents’ side secures a point. This is akin to the present system of 'Iona'. After all the players are put out, the team is revived and the game continues. The game continues until five or seven 'Iona' are secured. The game has no fixed time. The main disadvantage of this form of Kabaddi is that the player is not in position to give his best performance since he is likely to remain out for the better part of the match until a Iona is scored.

SANJEEVANI

This form of Kabaddi is the closest to the present game. In this form of Kabaddi, players are put out and revived and the game lasts for 40 minutes with a five-minute break in between. The team consists of nine players on each side. The team that puts out all the players on the opponents’ side scores four extra points for a 'Iona'.

The winning team is the one that scores the maximum number of points at the end of 40 minutes. The play field is bigger in this form of Kabaddi and the 'cant' was different in various regions. Modern Kabaddi resembles this form of Kabaddi a great deal especially with regard to 'out & revival system' and 'Iona'. The present form of Kabaddi is a synthesis of all these forms of Kabaddi with a good number of changes in the rules and regulations.

There are some local types of Kabaddi also played in different part of the country like Ghoda Kabaddi, Beach Kabaddi, and Do and Die Kabaddi. They are very popular in their particular region.

THE GAME’S HISTORY

Kabaddi attained National status in the year 1918. Maharashtra was the pioneer state to bring the game to the national platform and gave it further popularity. Standard rules and regulations were formulated in 1918 but were brought out in print in 1923 and in this very year, an All India Tournament was organized at Baroda with these rules.
Kabaddi has not looked back since then and numerous tournaments are organized all over the country throughout the year.

Kabaddi received its first Inter-National exposure during the 1936 Berlin Olympics, demonstrated by Hanuman Vyayam Prasarak Mandal, Amaravati, Maharashtra. The game was introduced in the Indian Olympic Games at Calcutta, in the year 1938. It was in 1950, that All India Kabaddi Federation came into existence. Regular conduct of National level championships as per laid down rules and regulations began with effect from the year 1952. After the formation of the Amateur Kabaddi Federation of India, the first Men's Nationals Championship were held in Madras (now re-named Chennai), while the women's Nationals were held in Calcutta in the year 1955.

The rules were modified and some changes were introduced to the game during the National Championships held at New Delhi in the year 1954. Efforts were made to demonstrate the game in the World Youth Festival held at Moscow in the year 1957, but due to various unforeseen reasons, this could not be accomplished. The game was included in the curriculum of the Indian University Sports Control Board as a main sports discipline in the year 1961.

The game got further recognition when the School Games Federation of India included it in the school games in the year 1962. This body has taken the responsibility of organizing state and national level competitions for school going children all over the country in various sports on a regular basis, every year.

The Amateur Kabaddi Federation of India, the new body, came into existence in the year 1972. This body was formed with a view to popularize the game in the neighboring countries and organize regular National level Men and Women tournaments. After the formation of this body, sub-junior and junior sections were included in Kabaddi national level tournaments, as a regular feature.

Kabaddi was included in the curriculum of Regular Diploma Courses in coaching conducted by the National Institute of Sports, the premier institute to develop sports in the country with effect from the year 1971. Thereafter, qualified coaches in Kabaddi are being produced every year. The neighboring countries such as Nepal & Bangladesh also send their coaches for the diploma course in various disciplines including Kabaddi.
regularly. These qualified coaches are equipped to train players at different levels in a systematic manner with sports science back up.

In the year 1974, the Indian men's team toured Bangladesh as part of the cultural exchange program to play five test matches in different parts of the country. The Bangladesh returned the visit in the year 1979 and played five test matches in India.

The Asian Amateur Kabaddi Federation was formed in the year 1978, during the silver jubilee celebrations of National Kabaddi Championships in India, organized at Bhilai, Madhya Pradesh. The first Asian Championship in Kabaddi was organized in Calcutta, in the year 1980. A goodwill tour was organized in the year 1981 in which, the Indian men & women teams visited Thailand, Japan and Malaysia to play exhibition Kabaddi matches. Federation Cup Kabaddi matches were also commenced in the year 1981.

Kabaddi was included as a demonstration game in the IX Asian Games hosted by New Delhi (India) in the year 1982. In the year 1984, an open Inter-National tournament was organized at Bombay (now renamed Mumbai), in India. During the Tri-Centenary celebrations of the city of Calcutta, an Inter-National Invitation Kabaddi Tournament was organized in the city.

The South Asian Federation included Kabaddi as a regular sports discipline from the year 1984. Kabaddi was played for first time in the SAF games at Daka, Bangladesh. Since then Kabaddi is being included in every SAF Games, which is played every once in two years. For the first time in the Inter-National Kabaddi scenario, India faced defeat at the hands of Pakistan and had to be satisfied with second place, winning the silver medal, in the VI SAF Games at Daka, Bangladesh, in the year 1993.

The second Asian Championship was hosted by India and was organized at Jaipur, Rajasthan. Malaysia and Japan participated for the first time in this Championship. In the XI Asian Games held in the year 1990 at Beijing, China, Kabaddi was included in the main disciplines. This was a major landmark in the history of Kabaddi. India won the Gold Medal, which was a proud and unforgettable moment for Kabaddi lovers who had strived to bring Kabaddi to the Asian platform. India has been the reigning champion in the succeeding Asian Games held in 1994 at Hiroshima, Japan and in the Asian Games held in 1998 at Bangkok in Thailand. In 2002 Busan Asian
games India beat BanglaDesh with big margin. In the 2006 Doha, Katar India won continue 5th gold Medal and Pakistan won silver medal.

An International Women Kabaddi tournament commenced in the year 1995, called the Nike Gold Cup, sponsored by NIKE, Japan. The III Asian Championship was hosted by Sri-Lanka in the year 2000. For the first time, Sri-Lanka secured a silver medal, defeating Kabaddi stalwarts Pakistan, in this Championship.

Kabaddi was introduced to the African countries as a demonstration sport in the Afro-Asian Games, which was to be hosted by India in the year 2002. This is a feather in the cap for Kabaddi lovers and has been made possible thanks to the efforts of Mr. J.S.Gehlot, President, Amateur Kabaddi Federation of India and the Indian Olympic Association.

DEVELOPMENT OF THE GAME

There is a gradual but marked change in the style of the game during the past fifty years. What was once considered a game of brawn is not so now. The introduction of more techniques to game has made it relatively easier for a player with more skill than weight to score points against better-built opponents.

Over the years, the game's pattern changed along with the rules and the size of the playfield. The concept of Kabaddi as an Indigenous Game of India first came up during the year 1921 in Maharashtra, when a certain framework of rules was prepared and the game was played on the pattern of Sanjeevani & Gemini in a combined form. A special committee was constituted in 1923, which amended the rules. These rules were applied in a All India Kabaddi Tournament organized during the same year.

It was the Hanuman Vyayam Prasarak Mandal, Amaravati, Maharashtra, which took up the task of organizing and developing Kabaddi in a more systematic & scientific manner. This Institution believes in the maxim "A healthy mind in a healthy body", and has been doing yeoman's service to sports in general and indigenous games in particular, over the years. During the years 1927 to 1952, Kabaddi was played in different parts of the country based on rules framed by the various clubs and organizing committees, which mushroomed and gained in prominence. There were frequent disputes over the rules during tournaments owing to lack of uniformity in the rules and regulations followed in various parts of the country.
In Maharashtra, the pioneering state to regularize the game and bring it to the National platform, Kabaddi, which was known as "Hu-Tu-Tu", was played according to the rules framed by the Deccan Gymkhana from 1928 to 1938.

The introduction of the game to the Inter-national arena as a demonstration game in the 1936 Berlin Olympics led to the inclusion of Kabaddi in the list of priority games of the Indian Olympic Committee, in the year 1940. Thereafter, Inter-provincial Kabaddi tournaments were organized biannually.

The matches at the district and provincial level were played as per the rules framed by the Akhil Maharashtra Sharirik Shikshan Mandal, while the Inter-Provincial Championships were based on Buck's Rules of Games and Sports, published by Mr. H.C Buck, Founder principal of YMCA College of Physical Education, Madras.

The Indian Olympic Games were re-named as National Games in the year 1952 and are since being organized once in a year instead of biannually. The All India Kabaddi Federation, which was formed in the year 1952 appointed a 'Rules Sub-Committee' with the express purpose of laying down standard rules and regulations to be followed by affiliated provincial units all over the country. A new set of rules were framed by the Rules Sub-Committee based on Buck's Rules and the game rules followed till then by the Akhil Maharashtra Sharirik Shikshan Mandal.

The game's pattern also changed over the years, along with the standardization of rules and regulations. Some of the major changes in the game's pattern include the introduction of the Unproductive Raid Rule, Time Out system, Bonus Line Game, etc that did not change the basic structure of the game but all the same had a lot of impact.

**UNPRODUCTIVE RAID RULE**

The Asian Amateur Kabaddi Federation at the behest of certain member countries introduced the Unproductive Raid Rule. The 'rule reads as follows. "If in three consecutive raids by a side no point is scored by either side, the opponent's will get a point. The referee shall immediately declare such point which is to be recorded in the running score sheet by cutting the number with a cross mark "X". The counts of such unproductive raids are not being carried over to the game after 'Lona', recess at half time and to extra time. "Rules of Kabaddi Asian Amateur Kabaddi Federation 1980"
As per the rule, in case no point is scored in three consecutive raids, the opponent's side automatically gains a point. The referee is to immediately declare the point which shall be recorded in the running score sheet with the mark 'X'. Though the score sheets records the scoring of a point, there is to be no revival of teammates as in the normal points scored. The idea behind the introduction of this rule was to make sure that the raider went all out to struggle and gain points in order to avoid the risk of giving away points to the opponent's side through three consecutive unproductive raids. However, it did not work out the way in which it was visualized, since the game lost some of its thrill and the scores did not reflect the true picture of the team's performance.

After practicing the rule for three years in the National as well as Inter-National level, it was unanimously decided by the Asian Amateur Kabaddi Federation and the Amateur Kabaddi federation of India to cancel the rule. Now the rule is not in force at either the National or the inter-National level anymore.

OLD TIME OUT SYSTEM

The time out system has recently been introduced in the Asian and Amateur Kabaddi Federation of India rules. Either to, "Time Out" was allowed when called by the captain of the team, with the permission of the referee, only in the event of injury of a player, not exceeding two minutes. Even in such an instance, no player on either side was allowed to leave the court without the permission of the referee.

The Time Out Rule reads:

Each team is allowed to take two 'time out' of 30 seconds in each half. Such time out may be called by the captain/coach of the team with the permission of the referee.

During the time out, team cannot leave the ground. Any violation is committed by the players/coach; a technical point shall be awarded to the opponent team.

Official time out: In the event of any injury to a player only, the referee shall call such time out. Such time out should not exceed two minutes."

BONUS LINE GAME

The bonus line rule came into existence in the year 1978 as an outcome of some experiments conducted during a workshop organized by the Amateur Kabaddi Federation of India in the year 1976, to make the game more interesting. The Bonus Line is a line
drawn parallel to the baulk line at a distance of one meter from the baulk line towards the end line.

One point is awarded to the raider when he completely crosses the Bonus Line. If the raider is caught, he is being declared out and the opponent is award one point. One point is also being awarded to the raider for having crossed the bonus line first. In this situation, the raider is been awarded first point.

The bonus line is being applicable when there are minimum six players in the court. The Referee/Umpire is award the bonus point after the completion of the raid, by showing thumb upwards towards the side which scores. The bonus point is mark in the shape of a triangle in the running score.

If the raider after crossing the bonus line reaches home court safely touching one or more antis he is be awarded one bonus point in addition to the numbers. "Rules of Kabaddi by Mr. G.C.Bhargava, Chairman Referee's Board.

It is further clarified that crossing the Bonus Line is not compulsory and this rule applies only when the raider crosses the bonus line before the struggle. This rule makes the game more interesting since agile raiders can score points for their side without the risk of a struggle. A good defense is required to counter the raider's move to cross the Bonus Line and as such, the defense is concentrate on the Bonus Line, which it make the playing area smaller and increase the game's tempo. Without the Bonus Line, it is possible that both sides begin very cautiously and end up with zero or single digit points, which makes the match very dull and slow. It is also possible that neither the raider nor the defense will take any risk, which will make the result of the match very predictable.

This rule is being followed in the Kabaddi tournaments at all levels in India and efforts are being made to include the rule at the Asian Level. In the meeting of the Asian Amateur Kabaddi Federation held during the SAF Games at Katmandu, Nepal 1999, it was decided that the Bonus Line Rule be adopted by all member countries on an experimental basis for competitions at National level so as to consider the inclusion of the rule in the Asian Games 2002.

The game of Kabaddi should be played under the following rules: -

1. GROUND: The ground is being level and soft.
   * Men and Boys: 12.50 x 10 meters.
* Men players shall be below 80 kg of weight.
* Age of junior Boys shall be 19 years (last day of the year) and weight below 60 kg.
* Age of Sub-Junior boys should be 16 years and below (Last day of the year) and below 51 kg weight.
* Age of Jr. Girls should be 17 years and below (last day of the year) 50 kg.
* Age of Sub.Jr.Girls should be 14 years and below (last day of the year) 45 kg.

The Baulk line is drawn through the entire width at a distance of 3.75 meters in case of Men and junior boys. In case of Women, Jr. Girls, Sub Jr. Boys & sub Jr. girls at a distance of 3.00 meters through the entire width excluding the lobbies, from the midline parallel to it on either courts.


3. BOUNDARY: The lines on the four sides of the play field are known as the boundaries AB, BC, CD, DA. All the lines are maximum of 5 cms width and from the part of the play field.

4. LOBBIES: Each of the strips on the sides of the play field measuring one meter in width is known as Lobby. When the lobbies, as per rule 4 under "Rules of Play" are included in the play field, the boundaries of the play-field are extended up to the four lines, which encloses the play-field including the lobbies.

RULES OF PLAY

- The side that wins the toss has the choice of either the court or the raid and the loosing side of the toss has the choice of the remaining option. In the second half, the court is being changed and the side, which had not opted for the first raid choice, sends their raider first. The game in the second half continue with the same number of players, as it was at the end of the first half.
A player is out if any part of his body touches the ground outside the boundary but during the struggle a player shall not be out if any part of his body touches the ground outside the boundary by keeping contact of the play-field. The portion of contact must be inside the boundary.

If any player goes out of the boundary during the course of play, he will be out. The UMPIRE OR REFEREE tries to take out such a player at once. The umpire or Referee declares such player OUT by shouting his number. No whistle is blown as the raid may continue.

If an anti or antis who have gone out of bounds and hold a raider, the raider be declared NOT OUT. The anti or antis who have gone out of bounds only be declared 'out'.

When the struggle begins, the playfield includes the lobbies. After the struggle is over, the players involved in the struggle may use the lobbies to enter their respective courts. (This rule is only being applicable in antis' courts).

A raider keeps the can with "KABADDI" as the word for chanting. If he is not keeping the can with KABADDI, he is ordered back and warned by the umpire or referee and the opponents be given chance to raid. Under such circumstances, the raider is not pursued.

A raider must start his cant before he touches the opponent's court. If he starts the cant late, he is ordered back and the team warned by the Umpire or Referee and opponent be given chance to raid. Under such case of late start of the cant the opponent is not be declared OUT, even if the raider touches the anti or antis.

After a raider reaches his court or is put out in the opponents' court, the opponent team sends their raider within five seconds. Thus, alternately, each side sends their raider until the end of the play.

If a raider, who is caught by an anti or antis, escapes from their attempt to hold him and reaches his court safely, he is not being pursued.

When a side, sends more than one raider at a time the Umpire or Referee gives a warning. In spite of warning, if continues to do so, The Umpire or Referee declare all the raiders OUT except the first one and that raider asked to go back and declare the turn of raiding is over.
• When a raider is held, the antis is not try deliberately to stifle his cant by shutting his mouth, using violent tackling leading to injuries, any type of scissoring or use of unfair means. If such incident happens, the Umpire or Referee declare not out.

• No anti is willfully push or pull the raider out of the boundary by any part of his (anti's) body, nor any raider is willfully push or pull an anti or antis out of the boundary. If the raider or anti is pushed or pulled outside the boundary, the umpire or Referee declares such player as not out, and the anti or the raider who pushes or pulls the opponents outside the boundary declared out.

• As long as a raider does not reach his court no anti or antis shall touch the ground of the raider's court beyond the midline with any part of his body. If he does so, he is out.

• If an anti or antis who are out, having violated rule, holds a raider or have violated the said rule while holding or helping to hold the raider, the raider is declared not out and the anti or anti's who touches the raider's court is declares out.

• If a raider goes out of turn, the Umpire or Referee order him to go back and warn the team. Even after the warning, if the team does so, a technical point is awarded to the opponent team.

• When a team manages to put out the entire team is out and no one from the opponents team is entitled to be revived, they score a 'LONA' and two points for LONA is awarded in addition to the points scored by putting out individual players. The play continues and all the players who are out enter their courts within ten seconds. Otherwise the Umpire or Referee awards one point to the opponents and thereafter, if the team does not enter the court, the Referee warn the team to enter in their court, if the team fails to enter within one minute, the team is scratched from the match, and the match is awarded to the opponents.

• If a raider is warned in any way instructed by one of his own side, the Umpire or Referee should award one technical to the opponents.

• A raider or an anti is not to be held by any part of his body deliberately other than his limbs or trunk. The one who violates the rule first is declared out. If the raider is held deliberately other than his limbs or trunk, the Umpire or Referee declares such raider not out.
• When only one or two players of the team are left during the game, and the captain of the team declares them out in order to bring in the full team, the opponents is score as many points as there were players just before the declaration by the captain as well as two points for Iona.

• A player or players who are out is being revived in the same order in which they were out when one or more opponents are out.

**RULES OF MATCHES**

- Each side consists of 12 players. Seven players are taking the ground at a time and the remaining five players be substitute. If any player/s is suspended or disqualified from the match, there is no substitution allowed for that particular player. In such a case, the team play with reduced number of players.
- The duration of the time of a match two halves of 20 minutes in case of Men & Junior Boys and 15 minutes in case of Women, Junior Girls and Sub-Junior Boys & Girls. With a five-minute rest in between. The court is changed after interval.
- Each side score one point for every opponent out or put out. The side that scores a Iona is score two extra points for the Iona.
- The side that scores the highest number of points at the end of the game is declared the winner.
- If there is a tie in knock out matches, the match is decided on the following basis.
  - Both the teams are field seven players in the court.
  - There are each team is given five raids by different raiders to raid alternately.
  - Both the teams play the game on the Baulk Line.
  - The Baulk Line is treated, as Baulk Line cum Bonus Line and all the Bonus Line rules is followed.
  - If the raider succeeds to cross the Baulk Line cum Bonus Line, the raider gets one point.
• After crossing the baulk line cum bonus line, if the raider puts out one or more antis, lie get number of points scored in addition to the point earned by crossing the baulk line cum bonus line.

• The out or revival rule is not be applicable, only point scored be counted.

• Both the teams should give the names of five different raiders with their chest number in the order of merit to the Referee. Substitution of players is not being allowed from the fielded seven players.

• The team, which had sent their raider at the beginning of the match, shall be allowed to send their raider first. There is being no toss again.

• Even after five raids, if there is a tie, the game decided as per the sudden death rule.

Sudden Death Rule

A chance is given to each side to send their raider alternately. The side, which scores the leading point first, declares as winner of the match. The sudden death rule is continuously being followed until any side scores leading point.

In the league system, the side that wins, scores two league points while the looser score zero points. In case of tie, both the sides score one league point each. If there is a tie in the league points scored, the winner and runner of the pool decided on the basis of out come of for and against points scored by the teams. The score of the team, which scores less than 25% of league points is not being taken into consideration for deciding the tie.

The winner and runner of the pool decided by using the following formula. The order of classification is as follows:

• The tie decided, based on highest score difference in the forward and against points.

• If there is a tie after using formula (a), the highest total points are considered. Loosing points is not being taken into consideration.

• If there is a tie even after using formula (b), the result of the match played between the tie breaking teams, is considered for deciding the tie.
• If there is a tie even after using formula (c), the winner and runner is decided, based on a toss.

If owing to failure of light, heavy rains or any such circumstances, a match could not be completed, such a match shall be re-played. In case of temporary suspension of the match, such a match is continued.

Each team shall be allowed to take two "time out" of 30 seconds in each half. Such time out may be called by the captain/coach of the team with the permission of the referee.

• During time out, the team is not leave the ground. In case of any violation by the player/s, or coach, a technical point shall be awarded to the opponent team.

• OFFICIAL TIME OUT: In the event of any injury to a player, only the referee shall call such time out. Such period of time out should not exceed more than 2 minutes.

Five reserve players can be substituted with the permission of the referee during time out period only. Substituted players can be re-substituted. This rule is not applicable on out players. Team should play without suspended/debarred players. Point/s shall be counted as tie the rules of bonus point and lona.

The match starts with seven players only. If a match is re-played, the players need not to be the same again.

Doping by players or officials is not allowed. Nails of the players must be closely clipped. The T-Shirts or Banians of the players must be distinctly numbered. The numbers should measure at least four inches in front and six inches at the back. The dress of the players should be T-Shirt or banian and shorts with a protective jangla or langot (supporter) inside. Application of oil or any soft substance to the body or limbs is not be allowed. Canvas tennis shoes with plain rubber sole and socks may be used if and when necessary.

No player instruct in the course of play except the captain or the leader who may speak to his players in his court only.

OFFICIALS

• The officials include one referee, two umpires, one scorer and two assistant scorers only.
• The decision of the Umpires on the field is final generally, but in special circumstances, the referee may give his decision in the best interest of the game and if there is disagreement between the two umpires only.

• Gross violation of sportsmanship:

  The Referee/Umpire shall have the power to warn, declare point against or to disqualify from the match any player or team committing any of the following or other gross violation of sportsmanship:

  * Persistently addressing the official in regard to the decision.
  * Make derogatory remarks about or to the officials.
  * Act derogatorily to the officials or action leading

TECHNIQUES IN KABADDI

HAND TOUCH

Hand touch is the easiest and earliest offensive skill learnt by raiders. Statistics reveals that most of the points scored by raiders are through hand touches. Hand touch is the extension of the raider’s hand towards the nearest anti to either execute a touch of creating a struggle situation, and to the onlooker, looks easy enough. However even this easy skill requires proper practice and good reflexes on the part of the raider.

TOE TOUCH

After hand touch, toe touch is considered to be the easy application and is therefore one of the basic touches taught to a potential raider. This is a popular offense skill since the raider can use it even when he is at a considerable distance from the antis. This skill is very effective and popular in the bonus line game.

During the course of a raid, the raider will have to move in different angles as per the positions and moves of the antis. While doing so, the raider will have to make the maximum efforts to touch an anti and score points. He can accomplish a touch by extending his leg and touching the anti with his toe.

KICKING

In Kabaddi, “Kicking” is an important offense skill. This is a skill, which can be resorted to in critical situations & despite certain drawbacks, should not be ignored. While every raider, especially the heavier ones may not be adept at this skill, a coach
should ensure that there are at least a couple of raiders who are good at it. A kick is a thrust in the air with the leg by the raider with the objective of touching an anti.

Types of Kicks

- Back Kick
- Side Kick
- Curve Kick/Roll Kick

Back Kick

Using the skill on the anti who comes behind the raider during the course of the raid is known as Back Kick. To execute the skill effectively, the leg is to be extended fully, to cover maximum distance. The different forms of back kick are:

- Running back kick.
- Standing back kick.
- Feign and kick.
- Taking a turn and back kick.

Coaching tips:

- Shoulder line should be towards the centerline.
- Upper body to be in a crouch position.
- Nearest hand goes up slightly to maintain balance.
- Rear leg to be flexed with toe towards midline.
- To be relaxed and not rigid.
- Do not look back but concentrate on other antis.
- Take the support of the ground with the opposite hand, if necessary to maintain balance.
- Take a little hope to cover the distance, instead of pivot while executing running back kick.

Side Kick

This skill is suitable for raiders who raid from second to second and attack on the center zone. The method and principles of executing this skill are similar to back kick. The only difference is that the area to be covered is sideward and not behind the raider. To execute this skill, the raider has to face the sidelines and kick at the anti who is at his side. The application is a little more difficult than back kick, but with proper stretching
exercises and continuous practice, the stress on the pelvic joint can be reduced. While applying running sidekick it is advisable to flex the knee and thrust it fully to get a better reach. This is a modified form of sidekick, for obtaining better results in different game situations.

**Curve Kick/Roll Kick:**

Curve kick is also called roll kick, since the leg lifted to kick at the antis takes a curve from back to side-wards. This skill enables the raider to cover more area with his attacking leg and change direction. This skill is usually used during a natural run raid. Raiders, who raid in the center zone, use this skill to attack on corner zones, with an intention to touch the antis as well as change direction. Through this skill may not bring in many points, its powerful style serves in intimidating the opponents. This skill works better in the bonus line game as compared to end line game.

**INSTITUTIONAL SUPPORT FOR KABADDI**

Promotion of Kabaddi requires rigorous efforts at the level of both the individual and the government. The role of government in this field becomes all the more important in a developing country like India where around 40% of the population live under poverty line. In such a country, it becomes extremely essential for the government to locate or find out the sports talent, to provide them education and training, to provide them well nourished and balanced diet required for a sportsman and to make them available the latest equipment so that they may feel encouraged and concentrate all their energies and efforts on improving their performance in their respective games.

At this stage, therefore, it would be pertinent to know the different agencies created by the government in the field of Athletics, what functions have been assigned to them as well as the policy of the government for the promotion of Athletics in India.

**NETAJI SUBHAS NATIONAL INSTITUTE OF SPORTS**

The National Institute of Sports (the prefix Netaji Subhas was added later) came into existence in 1961 at Motibagh Palace, with the primary objectives of

1. Raising the technical competence of the existing coaches and producing of high caliber coaches in various sports;

2. Serving as a Centre of greatest possible information on sports;
3. Rendering assistance to NSFs, sports councils and other organizations to hunt sports – talent so as to groom them into star performers as well as to polish the national teams before participation in the international competitions; and

4. Producing and popularizing sport literature.

As the Institute advanced in age and grew in strength, its activities multiplied and diversified covering research, orientation of physical education teachers in sports, technical assistance to sports goods manufacturers, cultural exchange with East European countries in sports activities, regional cooperation in sports programmes etc. It virtually served as a blind man’s staff to the Ministry of Education and for that matter, the Government of India. Nothing could get going in the official sports circles without a nod from the powers – that-be at the National Institute of Sports.

With its regional centers at Bangalore (1974), Calcutta (1984), Gandhinagar (1985-86), the Netaji Subhas National Institute of sports have had a number of accomplishments to its credit. First of all, academically the Institute began with a one year Diploma course in sport coaching, and now it offers, besides the Diploma, Two-Year Master of sport and Two-year Diploma in sports Medicine-the latter is affiliated to Punjab University, Patiala. The sports included for Diploma in Coaching are archery, Athletics, basketball, badminton, boxing, Canoeing & Kayaking, cycling, cricket, fencing, football, judo, gymnastics, handball, Athletics, kho-kho & kabaddi, lawn tennis, swimming, squash, volleyball, table tennis, Taekwondo, Weight Lifting, Speak Thakraw, Wushu, wrestling etc. Additions and subtractions are made to the number of sports depending upon the principal of demand and supply. More than 16,000 coaches have passed out of the NIS including those from foreign countries. Second, in 1980, the Institute established a Faculty of Sports Sciences, which provides scientific back up to national athletes and teams.5

SPORTS AUTHORITY OF INDIA:

The Sports Authority of India- a successor organization of the Special Organizing Committee (SOC) for the IX Asiad held at New Delhi in 1982- was set up by the

Government of India on 16 March, 1984 to be governed by a registered society primarily to look after the sports infrastructure created for the organization of the Asian Games. With the declaration of the National Sports Policy in August 1984 –which inter alia stressed the need for specialized schemes for identification and nurturing of the sports talent, and broad – basing sports in the country – the SAI received greater attention from the Government as the sole central agency for carrying out these jobs as well along with its basic objectives. In order to avoid duplication and also to exert economy, the Government of India deemed it fit to amalgamate the Society for the National Institute of Physical Education and sports (SNIPES) and the Sports Authority of India. A stronger SAI was born on 1, May, 1987 which began to spread its tentacles to a variety of areas hitherto unconceived of and unidentified by the authorities. Over the years, the functions of the SAI have multiplied manifold.

KABADDI FEDERATION OF INDIA:

The Kabaddi Federation of India is a society registered under the Societies Act of 1860 and is affiliated to the Indian Olympic Association and the International Kabaddi Federation. It is housed at the "Aakanksha", Ajmer Road, Jaipur. The federation has its constituents in the various states and through them exercises control over the kabaddi tournaments and competitions held within the states as well as the national competitions.

Within the framework of the national policy in Kabaddi and the international game spirit, the federation is free to formulate its action plans to develop and promote Kabaddi. The Government of India extends regular financial support for the conduct of national championships for various age groups and sponsors the national teams to international tournaments in accordance with certain guidelines. The association exerts control over its constituent units in the matter of organization state and national championships and other allied subjects. On the technical aspect of Kabaddi, the federation has the sole authority subject to the conditions that it does not contravene the provision of the international rules and regulations. In conducting national championships and selecting teams for participation in the international competitions, it is free to exercise its powers and control. No team or individual can participate in international Kabaddi event without due sponsorship from the federation.
Organizational structure:

President: Mr. J.S. Gehlot
Vice President: Mr. Vijay Parkash
Chief Executive Officer: Mr. Jaya A. Shetty
Hon’ble Secretary: Mr. Jagdishewer Yadav
Joint Secretary: Mr. Niranjan

Functions:

• The federation selects and recommends Kabaddi teams for all the international events and competitions.

• It also appoints coaches, referees, judges and other officials for the national events of Kabaddi.

• It appoints managers, physicians and surgeons to accompany the Indian Kabaddi teams for the various international events.

• The federation organizes national level competitions of Kabaddi.

• Organization of coaching and training camps for the Kabaddi players also falls under the jurisdiction of the federation.

• The federation also recommends Kabaddi players for the Arjuna Awards, Padam Bhushan Awards, Padam Shree Awards, Bheem Awards and the coaches for the Droncharya Awards to the central government. Besides, it also recommends outstanding players for the government for other incentives.

• It also organizes conferences, workshops, seminars, congresses, refresher courses, orientation courses, certificate courses etc. for the players as well as for the coaches, referees and the teachers.

• It decides the date, time and venue of the national tournaments of Kabaddi.

• It searches, promotes and nourishes the latent and hidden talent in the field of Kabaddi.

• It gives suggestions to the government of India in respect of betterment and promotion of Kabaddi.
POLICIES AND ORGANISATIONS OF THE INDIAN GOVERNMENT FOR THE PROMOTION OF KABADDI

The Union Government framed a National Sports Policy, which was announced on 19 August 1992, besides this, however, both the Union Government and the state Governments make certain announcements from time-to-time for the promotion of Kabaddi. They have also made certain announcements on several occasions for the promotion of Kabaddi, which may be regarded as the government policy on Kabaddi. This policy broadly includes the following:

Kabaddi Nurseries and Kabaddi Wings:

The Kabaddi nurseries and wings have been created and run by the state governments. The state governments select the best talented junior level students having considerable potential. They are then admitted to the Kabaddi nurseries and the Kabaddi wings where they are provided regular education besides promoting their skills in the fields of Kabaddi. The respective state government meets the entire expenses of such students of education, training, boarding, lodging etc. In Haryana, few such nurseries are situated at Rohtak, Bhiwani, Sonipat, Kurukshetra, and Hisar etc.

Kabaddi Sports Hostels:

On the pattern of the Kabaddi nurseries and the Kabaddi wings run by the state governments, the Sports Authority of India also runs Sports hostels in which young talent in the field of Kabaddi is hunt and provided education and training free of cost. The SAI has opened several such hostels throughout the country. The students in these hostels are provided training on the most modern equipments and according to the latest techniques.

Kabaddi Excellencies:

To improve the standard of Kabaddi in the country, the Union Government has established several Kabaddi Excellencies have been established. The first such Excellency was established at Bangalore but now they are created in several other parts of the country such as at Patiala, Jallandhar, Chandigarh, Delhi, Trivendrum etc.

Special Training Facilities:

To remove all sort of bias in the selection of the Kabaddi players for being trained, the government has introduced a novel scheme called the special training facility. In it,
the government provides training to the most outstanding Kabaddi players who are recommended by the coaches as well as the general public. This scheme is considered as most beneficial for tapping the talent of Kabaddi that remains hidden owing to the problems of poverty and lack of awareness. After rigorous tests and examinations, such talent is selected and provided world level training facilities by the Government of India.

Other Facilities:

In addition to the above facilities, Kabaddi players are also provided several other facilities by both central and state governments. These include:

- Reservation provided for the Kabaddi players in government’s jobs and those of the public sector enterprises.
- Reservation for the Kabaddi players in the educational institutions run by the state and center govt.
- Kabaddi players are provided concession passes by the Railways.
- Gas Agencies and Petrol Pumps are also allotted to the Kabaddi players.
- The Kabaddi players are also given diet money.
- The government has also introduced the facility of pension to the retiring Kabaddi players.

Obviously these facilities are provided on merit basis. This means that the Kabaddi players are provided and extended these facilities according to their ranking and depending upon whether and how long have they played in the national and international events.

Association of Indian Universities (AIU)

Origin of the Inter University Sports Board (IUSB), the earliest and largest sports organisations in the country dates back to the Inter University Board’s (IUB) 4th annual meeting held in February-March, 1928 which passed a resolution that “in view of the imperative duty on the part of Indian universities to attend to the physical education of students, information be obtained with regard to the present facilities for physical education existing in them”. Thus, an independent Board as Inter University Athletic Board (IUAB) was created in 1929 with its headquarters at Patna. The moving spirit behind this creation was Prof. J.S. Armour of the Patna Government College who was given the honour and responsibility of being its first Chairman. Prof. Moinul Haq of the
Bihar National College was its founder secretary. The universities of Calcutta, Madras, Allahabad, Banaras, Lucknow, Aligarh, Dacca and Patna were its earliest members. However, the competitions were open even for non-member universities. The IUAB was regarded as an independent organization but the IUB proposed to keep in intimate touch with its activities and progress. In the process, the IUAB became Inter University Sports Board (IUSB), which provided desired momentum to promote sports in a big way at the Inter University level. The Chairman and secretary of the IUB were ex-officio chairman and secretary of this Sports Committee. Later, the IUB became AIU (Association of Indian Universities) with a legal entity having registered itself as a society under the Societies Registration Act. In 1860, the AIU discontinued annual meetings of the IUSB and instead constituted a Sports Committee to dispose of business that was earlier being conducted at the annual meetings of the IUSB. In 1974, with the adoption of revised ‘Memorandum of Association’ a separate entity of the IUSB was merged into AIU in the name of a Sports Division, which annually holds inter university tournaments for men and for women and sponsoring combined teams for participation in national and international events.

Selection and training of Indian universities teams and organizing visits between Indian and foreign university team is one of the functions of the Sports Division besides acting as a coordinating agency between the member universities for organizing sports programmes, and keeping remains with the Department of Sports, Government of India, as well as with other national level agencies such as the National Institute of Sports, in order to develop in universities.

**School Games Federation of India:**

The representatives of various State Education Departments, who attended an ALL India Physical Education Conference at Calcutta in 1954, founded an organization known as School Games Federation of India with some of the objectives namely: (I) to hold sports meets for school pupils at national and international levels; (ii) to hold the National School Games (Championships) at different centers by rotation; and (iii) to facilitate the younger generation to mingle with and understand one another, thereby promoting national integration.
UNESCO’s International Charter Of Physical Education and Sports

Proclamation of an International Charter of Physical Education and Sports on 21st November 1978 and its subsequent acceptance, in principle, by the Government of India was a landmark in the promotion of physical education and sports in the country. The Charter in its 10th Article dealt with various facets of Physical education and sports and claimed physical education and sports formed an essential element of life-long education in the over-all educational system and that the practice of physical education and sports is a fundamental right of all.


The National Sports Policy declared that sports and physical education should be made an integral part of the curriculum as a regular subject in schools and other similar educational institutions, for the investment in the promotion of sports and physical education being investment in health, fitness productivity and social well being of the people, is really for up gradation of our human resources for development. Such investment in sports and physical education should, therefore, be adequately increased.

Department of Sports Redesigned

On 31st December 1984 the Department of Sports was redesigned as the new Department of Youth Affairs and Sports, which now Forms parts (v) of the Ministry of Human Resource Development. There are presently 21 schemes related to promotion of games and sports, which are being run/financed, by the Department of Youth Affairs and Sports.

National coaching scheme:

In 1955, the Government of India introduced the Rajkumari Amrit Kaur Sports Coaching Scheme as a measure of improving performance of the Indian sports persons at the international competitions. In the absence of any coach – education programme available at that time, the coaching of teams and athletes was entrusted to famous old-timers like Athletics Wizards Maj. Dhyan Chand, A.G. Ram Singh and others. A few foreign coaches were also appointed on contract basis to carry out this job. Periodic but need – based coaching camps were organized at various places where sports infrastructure was available. Provision was also made for short – team coaching camps for school and collage teachers. Despite its popularity, the Coaching Scheme was unable
to produce any tangible results and bring about substantial change in the existing scenario of performance of Indian athletes. With the establishment of the National Institute of Sports, the Rajkumari Amrit Kaur Coaching Scheme ceased to function on 18. October, 1961 and the National Coaching Scheme instead appeared on the scene. All 61 full – time coaches then working under the former coaching scheme were brought under the control of the National Institute of Sports and became part of the National Coaching Scheme. The NCS has been reviewed and revised from time to time ever since its inception so as to meet the increasing demand for coaches in various sports disciplines and in concord with the expediency of the sports development programme in the country. Basically, the scheme provides for establishment of Regional Coaching Centres, assisting NSFs in preparing their national teams, conducting coaching camps and clinics or refresher courses for coaches, sports administrators and sports – persons as the case may be. True to its basic objectives, the NCS Provides for recruitment and posting of coaches at various centers. It works on the basis of cooperation among the SAI, MAYAS and the state governments. Recently, the Government of India declared the coaching cadre of the SAI as “dead” or diminishing cadre which is likely to cast shadows on the fate of the National Coaching Scheme in the years to come.

**National Sports Talent Contest (NSTC):**

Realizing that the spiral of competitive sport stands on the base of talented young sports-persons, the National Sports Talent Contest was introduced in 1985 with the major objectives to (1) board- base sports at the grass-root level, and (2) scout the talent among schools children who are genetically gifted and are endowed with natural motor qualities suitable for selected Olympic sports disciplines viz. Athletics, badminton, basketball, wrestling, gymnastics. Athletics, swimming, table tennis, volleyball, football.

The NSTC, as revised to format time to time, focuses on “stay, play and study” in the school itself. With the application of scientifically valid scouting criteria, the genetically gifted and physiologically efficient children in the age group of 1-12 years are identified and given all possible inputs- boarding- lodging, equipment, coaching etc –at the public expenses, to be groomed into “future medal hopes” of the country at
AWARDS AND INCENTIVES

Rajiv Ghandi Khel Ratna Award:

The Rajiv Gandhi Khel Ratna Award was instituted by the Government of India in 1991-92 for the most spectacular and outstanding performance in the field of sports by a sports person in a year. Only one award is given under the scheme. The award carries a medal, a scroll of honour and a cash prize of Rs. 5.00 lakhs.

Dronacharys Award:

This Award was instituted in 1985 to honour eminent coaches who have successfully trained sportspersons or teams and enabled them to achieve outstanding results in international events during three years preceding the Award. The awardee is given a statuette of Guru Dronacharya, a scroll of honour, ceremonial dress and a cash prize of Rs. 3.00 Lakhs.

Arjuna Award:

The Arjuna Award was instituted in 1961 as the highest national honour and recognition of distinction of the sportspersons. The national sports federations make nominations for the Award and a selection committee constituted by the Department selects the awards. In order to be eligible for this Award, a candidate should have displayed outstanding performances at the national and international levels consistently for three years preceding the year of the Award and should also have a generally high sense of discipline and sportsmanship and outstanding qualities of leadership. The award comprises of a bronze statuette of Arjuna, a scroll and a cash award of Rs. 3.00 lakhs along with a monogram, a blazer and a tie. From the year 2003, the award is given only in disciplines falling under the following categories:

(a) Olympic Games / Asian Games / Commonwealth Games / World Cup / World championship disciplines and Cricket or any equivalent recognized international tournament

(b) Indigenous Games

(c) Sports for the Physically Challenged
Dhyan Chand Awards for Life Time Achievement in Sports and Games:

As a new initiative, Dhyan Chand Awards for Life Time Achievement in Sports and Games have been instituted from the year 2002 to honour those sports persons who have contributed to sports by their performance and continue to contribute to promotion of sports even after their retirement from active sporting career. The Award carries a cash prize award of Rs. 3.00 lakhs, a plaque and a scroll of honour.

Cash Award to Medal Winners in International sports Events: Special Cash Award are given to medal winners at the specified international sports events in all disciplines which are part of the Olympic, Asian and Commonwealth Games. These awards have also been given in the disciplines of Chess, Billiards and Snooker.

The basic objective of the Awards is to serve as an incentive to the achievers and as an inspiration to other sports minded youth of the land. It is also intended to help sportspersons of outstanding excellence to be able to maintain them with dignity and continue to give their best in further pursuit of the sport of their choice. These awards were introduced in 1986.

National Welfare Fund for Sportspersons:

The National Welfare Fund for sportspersons was created in 1982 with a view to assist outstanding sportspersons of yesteryears, who have brought glory to the country in international fields but are presently living in indigent circumstances and need financial assistance. Assistance from this Fund is also given to the families of the sportspersons. This assistance is given either as a lump sum or as monthly pension up to Rs. 1500/-.

1.2 STATEMENT OF THE STUDY: -

The study was an historical and survey nature. There for the purpose of the study is an effort to collect fact & figures with regard to the development of Kabaddi in India. Therefore problem has been stated as.

"THE DEVELOPMENT OF KABADDI IN INDIA
A CRITICAL STUDY"
1.3 OBJECTIVES OF THE STUDY

Following are the objectives of the present research study:

1. To study the participation of Indian Kabaddi in various international competitions;
2. To study the performance of the Indian Kabaddi in various International Competitions;
3. To study the government policies regarding the promotion of sports in general and Kabaddi in particular;
4. To study the incentive schemes of government and other institutions towards the promotion of sports in general and Kabaddi in particular;
5. To suggest the measures for raising the standards of Indian Kabaddi; and
6. To suggest the measures for improving the policies, plans and schemes in the field of Kabaddi in particular.

1.4 HYPOTHESIS OF THE STUDY

The researcher examines the work and deviation of federation and association. It is fact that the nation could not create a proper social environment conducive to the national Kabaddi. The researcher is of the opinion that respectable place for Kabaddi contests remained beyond her reach so long as some revolutionary steps are not taken in raising the standard of Kabaddi in the country. Kabaddi players do not take drugs to improve their performance. The researcher is further keen to examine some crucial factors relating to infrastructure, finance, training and administrative apparatus to bring about excellence in the arena of the Kabaddi.

1.5 DEFINITION OF TECHNICAL TERMS

- MID-LINE: The line that divides the play-field into two halves is known as the Mid-line (MN)
- COURT: Each half of the play-field divided by the mid-line is known as the Court.
- BAULK LINE: Each of the lines in court parallel to the mid-line is known as the Baulk Line. The distance of the baulk line from the mid-line shall be 3.75 meters
in case of Men and Junior Boys, 3.00 meters in case of women Junior Girls, Sub Junior Boys, and Sub-Junior Girls.

- **CANT:** The repeated, without break, at a stretch, and clear sounding chant, of the approved word "KABADDI" within the course of one respiration shall be called a Cant.
- **RAIDER:** One who enters in the court of the opponent with the cant is known as a Raider. The Raider must begin his cant before he touches the opponent's court.
- **ANTI-RAIDER OR ANTI:** Every player of the party, in whose court the raid is being made, shall be called an Anti-Raider or Anti.
- **LOOSING THE CANT:** To stop the repeated and clear sounding chant of the word "KABADDI" or take in a breath during a cant is known as loosing the cant. A cant must be started and continued within one and the same respiration.
- **TO PUT ON ANTI:** If a raider touches an anti without breach of the rules of play or if any part of the body of an anti touches any part of the body of the raider and then the raider reaches his court with the cant, the anti is said to be put out.
- **TO HOLD A RAIDER:** If the antis or anti hold without breach of rules of play, keep the raider in their court, and do not allow him to reach his court until he looses his cant, it is known as holding the raider.
- **TO REACH COURT SAFELY:** If the raider touches his court with any part of his body without break of rules with cant, he is said to have reached his court safely and turn of raid is over.
- **TOUCH:** If the raider touches the anti or antis by any part of his body or even with the clothing, shoes or any other outfit, it is called touch.
- **STRUGGLE:** When the anti or antis comes in contact with the raider, it is called struggle. After touch or struggle, the play field includes the lobby.
- **RAID:** When the raider enters the court of opponent, with cant, it is known as a raid.
- **SUCCESSFUL RAID:** When the raider crosses the baulk line of the defending team at least once during the course of a raid, and reaches his court with cant, it is known as a Successful Raid.
• **PURSUIT:** When a raider rushes into the opponent's court with cant and without breach of rules, with a view to put out, by chasing the returning raider, it is known as pursuit.

• **BONUS LINE:** The line parallel to Baulk line towards the end line is known as Bonus line. The distance of the Bonus line shall be one meter from the baulk line.

1.6 SIGNIFICANCE OF THE STUDY

Kabaddi is great fun and people, irrespective of their age and sex, can enjoy it. It is an activity in which thousands of people throughout the country participate and in which many the spectators. At the highest level of participation it forms the centerpiece of the North Indian games and sports, and at the lowest level it provides countless Kabaddi players of all ages with enjoyment of physical exercise and the thrill of competition. For the latter it is a sport in the sense that sport is a pastime, but at the higher level it is a sport and the more it is a full-time occupation. Kabaddi is the oldest game of Indian history. But there are no big improvement in kabaddi either its rule regulation or its popularity and level of players. Every person like kabaddi players, kabaddi coaches, and federation members etc. will be beneficial for this study.