CHAPTER-I

INTRODUCTION

1.1 PROLOGUE

Sports or games tests of skill undertaken primarily for the diversion of those who take part or those who observe them. The range is great but the term is restricted to any play, pastime, exercise, game, or contest performed under given rules, indoors or outdoors, on an individual or a team basis, with or without competition, but requiring skill and some form of physical exertion.

Some sports, such as hunting, fishing, running, and swimming, derive from the rhythms and work requirements of primitive everyday life. Some, such as riding, shooting, throwing the javelin, or archery derive from early military practices. Still others, like Kabaddi, Kho-Kho wrestling and boxing arose from the spontaneous challenges and occasional hostilities that accompany human interaction.

Development of Sports

The precise origins of many sports remain obscure, although all cultures have known physical contests. The ancient Egyptians swam, raced, wrestled, and played games with balls. The ancient Greeks held large athletic festivals, including the Olympic Games that drew athletes from all over the ancient world. The Greeks, and then the Romans, also competed in events (chariot races, throwing the javelin) that relied on the participation of animals or the use of mechanical contrivances, a tradition continued into modern times in sports such as dog racing, horse racing, and shooting.

During the middle ages, the cultural isolation imposed by the feudal system and religious doctrine that opposed the use of the body for play hampered the development of organized sport in the Western world. For many centuries, contests between knights in tournaments that emphasized military skill were among the only forms of approved, public sports. In the Renaissance and Enlightenment periods, games and exercise attained renewed popularity. As had been the case in ancient times, however, politics and social class circumscribed activity. Sports that required
wealth or leisure, such as polo or falconry, were the province of the upper classes, while inexpensive, massed sports, such as soccer, took root among commoners.

**Modern Sports**

The late 19th century, witnessed an expanding belief in sport as useful recreation, and in industrialized societies equipment was standardized, local and national organizations were set up to govern play, and a doctrine of character-building declared sports to be a necessary endeavor for men. The revival of the Olympics in 1896 and the blossoming U.S. intercollegiate athletic system boosted many forms of amateur, or unpaid, sports at the same time that professional sports (such as baseball, boxing, and bicycle racing) drew large numbers of spectators. Sports that were traditionally played in various countries became, by legislative act or general acceptance, national sports—baseball in the United States, bullfighting in Spain and Mexico, cricket in England, and ice hockey in Canada.

During the Great Depression, Americans sought inexpensive outlets for their energies; mass participation in sports such as softball and bowling resulted. At the same time, spectator sports burgeoned, and the commercialism that accompanied them gradually engulfed both amateur and professional sports. By the late 20th cent., the televising of athletic events had made sports big business. On the other hand, expanding public concern with personal physical health led to mass participation, not necessarily competitive, in sports like running, hiking, cycling, martial arts, and gymnastics. Athletic activity by women expanded, especially after political action in the 1960s and 1970s opened doors to many forms of competition and an increased share of public funding for sports.

During the 20th century, sports took on an increasingly international flavor; aside from the world championships for individual sports, like soccer's World Cup, large-scale international meets, such as the Pan-American games and the Commonwealth games, were inaugurated. Sports have correspondingly become increasingly politicized, as shown in the boycott of the 1980 Moscow games by Western nations and the retaliatory boycott of the 1984 Los Angeles games by Soviet-bloc nations, an exchange brought on by Soviet actions in Afghanistan.

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1 http://www.infoplease.com/encyclopedia/sports/sports-development-sports.html
Sport is an indoor or outdoor activity involving physical and mental effort and skill, a game where people compete with each other according to fixed rules. It is an activity people take up during their free time, usually for fun, amusement, recreation or entertainment. It is used to be considered, a peripheral activity, a part time and an appendage to the core of life which life can do without a refuge for the escapist. But such a definition of sports has undergone a sea change in the modern days when sports have become indispensable for life to be meaningful and wholesome, both playing sports and watching sports (Bucher 1964).²

People in the sociology of sports generally agree that in many cultures in history it makes sense to define sports in the following way: Sports are institutionised competitive activities that involve vigorous physical exertion or the use of relatively complex physical skills by individuals whole participation is motivated by a combination of personal enjoyment and external rewards (Coakley 1997).³

There is interplay of numerous factors in competitive sports. Physique and condition of health, psychic values, general physical fitness, technical efficiency, specific capacity of the organics tactical skills and competitive experience are some of the principle factors, which influence results attained by sports person. Each individual or team which participates in any sports events wants to win because society attached great significance to winning. The sports and games are popularized in this modern era. Among that the body contact games such as Kabaddi, Boxing and Wrestling have gained tremendous popularity in recent years. The game of Kabaddi is one of the spectacular game among these games.

Kabaddi is an ancient backyard and homegrown game. Kabaddi is a contact sport that originated in Ancient India. Kabaddi requires tremendous motor abilities. Since Kabaddi is an intermittent type of sport, it requires both aerobic, anaerobic endurance with a well built physique and fitness which means the ability of an individual to live a happy and well balanced life. It involves not only physical but intellectual, emotional, social and spiritual aspects of an individual.

Breath control, raid, dodging and movement of hand and feet are the basic skills that one has to acquire, in order to play kabaddi. The player has to acquire power and learn both offensive and defensive skills to excel in the game, which combines the characteristics of rugby and wrestling.4

Kabaddi is a very exciting and thrilling game played between two teams, each team consisting of 07 players. Team consists of 12 players and number of Players in reserve is 05. Kabaddi is played in a small area measuring 10X13mts, which is divided by a center line. The game is played for a duration of 45 minutes which is divided into two halves with an interval of 05 minutes in between. Kabaddi is played absolutely with no equipment, either indoors or outdoors. Kabaddi competitions which are conducted for different age group and weight is given below

<table>
<thead>
<tr>
<th>Sl.No.</th>
<th>Category</th>
<th>Age</th>
<th>Weight</th>
<th>Play Field Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Men</td>
<td>-</td>
<td>Below 80 Kg</td>
<td>10 x 13 meters</td>
</tr>
<tr>
<td>2.</td>
<td>Junior Boys</td>
<td>20 years &amp; below</td>
<td>Below 65 Kg</td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td>Women</td>
<td>-</td>
<td>Below 70 Kg</td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td>Junior Girls</td>
<td>20 years &amp; below</td>
<td>Below 60 Kg</td>
<td>08 x 12 meters</td>
</tr>
<tr>
<td>5.</td>
<td>Sub Junior Boys &amp;</td>
<td>16 years &amp; below</td>
<td>Below 50 Kg</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sub Junior Girls</td>
<td></td>
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</tr>
</tbody>
</table>

The aim of the game is to score points by raiding in the opponent’s 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 “Anties” while the player of the offence is called Raider. The raider who is in the opponent court with a definite purpose of crossing the baulk line to qualify himself to be a safe and a point to opponents, has to cross the bonus line against a rock defense of opponents to secure a point either by crossing the bonus line or by touching an opponent with his limbs and safely return to his own court. It requires skills and agility, good lung capacity muscular co-ordination presence of mind and quick responses, courage etc.

4http://www.iloveindia.com/sports/kabaddi/history.html#24P7TjQrzGIZe BEP.99
Kabaddi in Mythology

Historians suggest that some other ancient scripts have proved that kabaddi existed in the pre-historic times in India. In Mahabharata, Arjuna had a unique talent in the game of kabaddi. He could effortlessly sneak into the ‘wall’ of enemies, destroy them all and come back unscratched. It is quite evident from the manuscripts discovered by the historians that kabaddi was a much adored game in the ancient times.⁵

History of Kabaddi in India

Kabaddi is a combative team game and traditional outdoor game played with minor variations in all regions of India - in fact, in most parts of Asia. The game of which is lies in remote Antiquity. Many references are present about its familiarity in different parts of Indian subcontinent in the pre independence time. Kabaddi is an umbrella term which encompasses various forms of the game including International Kabaddi and the Indian Kabaddi styles – Sanjeevani, Gaminee, Amar and Punjabi Kabaddi also encompasses similar sports known by their regional names, such as hadudu in Bangladesh, baibalaa in Maldives, chedugudu in Andhra Pradesh, sadugudu in Tamil Nadu and hututu in Maharashtra. In eastern India, it is fondly called Kit-Kit for women.⁶

AIKF and AKFI

With a view to increase the popularity of kabaddi as a sport in India, the All India Kabaddi Federation (AIKF) was founded in 1950. Since its establishment, the AIKF has been working towards uplifting the standard of the game. To serve the purpose, it has been conducting National level kabaddi championships on a regular basis since 1952, in accordance with the set rules and regulations (for the game). In 1955, the first men's national tournament was organized in Madras (the present day Chennai), while the women's nationals were held in Calcutta (the present day Kolkata). The Amateur Kabaddi Federation of India (AKFI) came into existence in

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⁵ http://www.i-loveindia.com/sports/kabaddi/history.html#24P7TjQrGIZe BEP.99
1973, in order to popularize the game in the neighboring countries of India as well as to organize national level tournaments.\(^7\)

AAKF

The Asian Amateur Kabaddi Federation [AAKF] was formed in the year 1978. The 1st Asian Kabaddi Championship was held in the year 1980 and was included as a demonstration game in the 9th Asian Games, New Delhi in the year 1982. As a result Asian Kabaddi Federation was formed. This game is getting popular in Japan, Thailand, Singapore, Malaysia, China, Maldives, Bhutan, Sri Lanka, Pakistan, Nepal, Korea and in the Distant England and France. Innumerable state and national level Kabaddi tournaments are conducted every year besides continental and sub-continental level tournaments. Kabaddi game was included in the official competition events of Asian games at Beijing in 1990. India has been winning gold medal in Asian games Kabaddi competition.

IKF

The International Kabaddi Federation is the international governing body of Kabaddi. Its membership comprises 31 national associations. The federation was formed in 2004.

The Present Day Scenario

The game gained popularity and spread all over the country. The pleasure and thrill that the game provides have attracted the people of all classes to play Kabaddi or witness the game in most part of the world. The Kabaddi game has got various fundamental skills. For all sort of activity, motor fitness is very essential. It is related to the ability to meet the demands of the environment specifically to preserve, to withstand stress, to resist fatigue and to possess the energy for an abundant life. Motor fitness is an aspect of total fitness. Total fitness is viewed as the capacity to function in every way at one’s best.

The popularity of kabaddi has increased over the passing years, from being a popular game in the rural India to a sport recognized at the national level. A number

\(^7\) http://www.iloveindia.com/sports/kabaddi/history.html#24P7TjQrGIzeBEP.99
of championships, both at the national and international level, have been organized for kabaddi, wherein the Indian national kabaddi team has delivered remarkable performances. The introduction of Federation Cup Kabaddi matches in India in 1981 is a milestone in the history of kabaddi in India. India touched another milestone in 2004, when India hosted the first ever Kabaddi World Cup, in Mumbai. The country won the World Cup, as well. India has produced a number of talented Kabaddi players, so far, who have earned international recognition and brought laurels to the country.

**Pro Kabaddi - How the Humble, Homegrown Sport Grew up today**

Kabaddi League seemed an absurd idea — a sport with a rural base looking for pastures in metro cities. From messy mud to mats, from sunlight to the glare of arc lights; with glamorous people in the stands to cheer the robust and skilful movements of what was largely seen as an unsophisticated sport. After all, it is the most indigenous of Indian sport. Courtesy the Pro Kabaddi League, it promises a secure life to the players and the others associated with the sport.

Private sporting leagues have caught the attention of sports aficionados in India, with active support from the corporate world. Football, hockey, badminton, volleyball, kabaddi, boxing have all drawn motivation from cricket to launch Pro Leagues and have received varied response. Kabaddi, however, has for some reason swept the audience. The amazingly electric and athletic moves by the players have created a following for the game that is expected to grow in the coming years.

Pro Kabaddi is a professional kabaddi league founded in 2014, to popularize Kabaddi game all over the world. It is formulated as an eight-city league played in a "caravan format," traveling together to all 8 venues to play a total of 60 Matches. Kabaddi, exceptionally, has two dedicated Pro League competitions in one year. It is an initiative of Mashal Sports, a company which was co-founded by Mr. Anand Mahindra, Chairman, Mahindra Group and Mr. Charu Sharma, who is also a director of Mashal Sports. Star India acquired a 74% stake in Mashal Sports, and will now have control over the entire league as a majority owner of Mashal Sports. Mashal

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8 http://www.iloveindia.com/sports/kabaddi/history.html#24P7TjQrGIZeBEP.99
Sports has acquired the rights to organize the league for a period of 10 years from International Kabaddi Federation (IKF) with an option to renew it further.\(^9\)

The league has currently become the second most viewed sporting property in the country. Sports lovers always wanted to invest in sports and saw a great opportunity in promoting our country's home-grown sport through Star Sports Pro Kabaddi. Pro Kabaddi has given a new-found status to the players, who would otherwise have remained unsung. It has been a fruitful transition for kabaddi from mud to mat. There are jobs in the government sector for kabaddi players, but now new avenues have opened up.

The turnout at the matches speaks for the support for kabaddi in urban India. It is a celebration of a sport that needed this fillip to motivate greater participation at the base. It was always a sport for the masses but its prominence was restricted to rural India. Now, that looks set to change.

There is talk now of taking kabaddi to Germany, the U.S., the U.K. and Australia. The sport has grown in countries like Iran and Japan. At home, plans are afoot to initiate youngsters into the sport. Experts aim to foster talent from the villages and provide excellent training at an academy they will be launching. The sport is receiving global acceptance and can be a great career option.

Kabaddi is reaching out to the masses. That it has emerged as a popular television sport too is an indication of the changing taste of India's sporting audiences. Cricket may enjoy an overbearing presence but there is room for other sports too. Not only has Kabaddi changed the Indian sporting landscape, it has transformed the lives of players and other stakeholders associated with the sport. The league is only set to grow further. The once-modest Kabaddi is a vibrant and promising property and brand that promises to grow into a full-fledged sport-cum-entertainment package.\(^{10}\)

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\(^9\) Star India acquires 74% stake in Pro Kabaddi owner Mashal Sports Television Post.com\(^7\).

Morphological Variables and Kabaddi Performance

Investigators in many countries are striving hard to find out best and easiest possible means and economical methods of selecting and training their sportsmen and sportswomen. Generalizations are being made on specific ground, as each country is aspiring to reach the top level, so as to bring credit to the nation. The old beliefs of selection of players only with reference to height, weight criteria do not exist anymore. The performance divergence has compelled the investigator to reveal the basic performance traits. The total make up of Kabaddi player or an Athlete does not rely on one or two components. There may be many factors that collectively contribute to the high performance. Hence, importance must be given to all those specific result oriented factors while selecting and training in Kabaddi for higher level performance.

Possession of necessary motor abilities and mastery over the skills of the Kabaddi game alone will not ensure success. Apt physical structure is also necessary to derive optimum benefit.

Physical structure is comprised of various body segments whose measurements have been known as morphological measurements. Whether it is offensive player or a defensive player, he is required to be blessed with ideal sized body and its parts like height, weight, arm length, leg length, elbow diameter, calf girth and fat percentage, according to his role in the team during competitive situation. Thus the investigator has selected the above as morphological variables for his study.

Morphological characteristics are very important in realization of motor abilities in which they are the real biomechanical basis, either as the facilitating factors, or the ones that make the performance harder. Besides this, morphological characteristics are very important for the realization of all the motor tasks in which one’s own body, or part of the body, is moved, or the determined body position is maintained, whether the task is strength, speed, flexibility, coordination or balance.
Motor Ability and Kabaddi Performance

Combination of several movements such as speed, strength, balance, coordination, and flexibility contributes to the execution of total movement. There are several factors that contribute to the successful performance in any given sports\textsuperscript{11}.

A ‘motor ability’ which is a term sometimes referred as general athletic ability. Motor ability has been defined as “the present acquired and innate ability to perform motor skills of a general of fundamental nature, exclusive of highly specialized sport or Gymnastic techniques”\textsuperscript{12}. This definition implies that motor ability is a combination of the innate and the acquired. Its present developed status is subject to change in relation to the amount of practice and training. Many studies conducted on the relationship between motor abilities and performance in sports and games showed significance relationship.

Kabaddi requires tremendous physical stamina, agility, individual proficiency, neuromuscular coordination, balance, lung capacity, quick reflexes, intelligence and presence of mind on the part of both attackers and defenders. In kabaddi the basic defense position are in three zones, center zone, right zone and left zone, the defense player occupying one of these zones have specific functions to perform in coordination with his counterparts in the other defense zones, for maintaining the defensive strong hold. The player is identified by the position he occupies irrespective of the varying number of offense and defense players. It’s known that game of Kabaddi requires a high level of motor fitness and neuro-muscular coordination in order to perform very complex movement of the game at senior level. But to achieve the higher performance in the game of Kabaddi at sub junior level what are morphological and motor qualities are needed, this has to be tested by the expert.


\textsuperscript{12}Harold M. Barrow, “Man and Movement Principles of Physical Education”, 2\textsuperscript{nd} ed.; Philadelphia: Lea and Febiger, 1997, p.223.
1.2 NEED FOR THE STUDY:

More than anything, it has been observed that the performance of Indian Kabaddi team is very encouraging at the international level. This has become a challenge to Kabaddi coaches and they have to be constantly motivated to maintain a high ranking at international level. At present during selection of teams the emphasis is made only on skills and tactics without much consideration for other important factors such as Morphological characters, Motor fitness etc. Hence the coaches and physical education teachers realize the importance of each factor for performance level as well as selecting a team. This aspect motivated the researcher to undertake this study.

Though few studies have been conducted on Indian male Kabaddi players, but not a single study has been conducted on the sub junior level kabaddi players. The study has been fairied on the Kabaddi Sub Junior Players represents in their respective states in the National Meet. The purpose of delimiting the study to South Indian players is because of its familiarity and feasibility. Kabaddi is one of the most attractive and famous rural and urban sport of the South Indian mass. Hence, the study is delimited to the South Indian sub-junior national players.

1.3 STATEMENT OF THE PROBLEM

The Relationship of Selected Morphological and Motor Ability variables to Performance of Sub-junior National Male Kabaddi Players.

1.4 OBJECTIVES OF THE STUDY

1. To study the relationship between selected Morphological Variables and Game Performance among Kabaddi players

2. To study the relationship between selected Motor Ability Variables and Game Performance among Kabaddi players

3. To study the relationship between selected Morphological Variables and Motor Ability Variables among Kabaddi players

4. To identify which Morphological Variables majorly predict Game Performance among Kabaddi players
5. To identify which Motor Ability Variables variables majorly predict Game Performance among Kabaddi players

6. a) To compare, how Kabaddi players from different states differ significantly in their Morphological variables.

b) To compare, how Kabaddi players from different states differ significantly in their Motor ability variables.

c) To compare, how Kabaddi players from different states differ significantly in their Game Performance.

1.5 DELIMITATIONS

1. The study was delimited to sixty subjects (N=60).

2. The study was delimited to the players below 16 years in age.

3. The study was delimited to sub junior male Kabaddi players from Karnataka, Andhra Pradesh, Kerala, Tamil Nadu and Pondicherry states.

4. The study was delimited to Height, weight, Percentage of Fat, Elbow diameter Calf girth, Arm length and Leg length in Morphological variables.

5. The study was delimited to Endurance of arms, Abdominal endurance, Arm power, Leg power, Speed, Cardio-respiratory endurance, Stretch Ability of Legs, Flexibility of trunk, Agility and Dynamic Balance in Motor Ability variables.

6. Game Performance of Sub-Junior National Kabaddi players was assessed by Coaches by using the Experts Rating Scale developed by researcher.

1.6 LIMITATIONS

1. No motivational technique is used during test performance of subjects.

2. Differences in training states and model of training of players selected as subjects may have influence on the data collected and the result of the study.

3. The study is limited to Karnataka, Andhra Pradesh, Kerala, Tamil Nadu and Pondicherry Sub Junior male Kabaddi players of who participated in national sub-junior kabaddi championship held at Jyoti Youth Club Grounds, Saroornagar, Hyderabad from 4th to 6th November, 2011.
1.7 DEFINITION OF THE TERMS

Kabaddi

Kabaddi is basically an outdoor indigenous team game, which is the only combative sport in which offence is an individual effort whereas defence is a group effort.13

Performance

Performance in sports is a unity of execution and result of sports action or a complex sequence of sports action measured or evaluated according to agreed and determined norms. It is assessed by the experts in the field.14

Motor Ability

Motor ability has been defined as the present acquired and innate ability to perform motor skills of a general or fundamental nature exclusively of highly specialized sports and gymnastic techniques.15

According to Mathews “Motor ability is the immediate capacity of an individual to perform one stunt or many athletic events”.16

Muscular Endurance

It is the result of physiological capacity of the individual to strain movement over a period of time.17

Explosive Power

The capacity of the individual to bring into play the maximum muscle contraction at the fastest rate of speed. Power is combination of speed and strength.
It is also been defined as the ability to transfer energy into force at a fast rate of speed.\textsuperscript{18}

It is the ability to overcome resistance with high speed.\textsuperscript{19}

**Running Speed**

Speed is the capacity of the individual to perform successive movements of the same pattern at a faster rate.\textsuperscript{20}

It is the rate of movement of action especially distance travelled per unit of time.\textsuperscript{21}

**Flexibility**

It is the range of movement at a joint or joint complexes.\textsuperscript{22}

**Agility**

It is the physical ability, which enables an individual to rapidly change body position and direction in a precise manner.\textsuperscript{23}

The ability of a person to change directions or body positions rapidly and regain poise or control to proceed with other movement.\textsuperscript{24}

**Dynamic Balance**

It is the branch of mechanics that is concerned with the effects of forces on the motion of a body or system of bodies, especially of forces that do not originate within the system itself, which is also called kinetics.\textsuperscript{25}

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\textsuperscript{20} Barrow and McGee, Opt.Cit.p.129.


\textsuperscript{25} https://en.wikipedia.org/wiki/Dynamic_balance
Morphology

It is the study of form or pattern, i.e. the shape and arrangement of parts of an object, and how these "conform" to create a Whole or Gestalt.

The science of measuring the human body in order to ascertain the average dimensions of the human form at different ages, and in different divisions of race, class etc. (Web Dictionary)

Height

Amount of measure of upward extension of a person in standing position, from bottom of heel to Vertex point (top) of the head, while keeping the head in Frankfort Horizontal (FH) line and measured in centimeters.

Amount of measure of upward extension of subject from bottom to top.

Weight

It is the total body mass of a person and measured in kilograms (Kgs) while subject stands erect on the weighing machine bare footed in a minimum dress, with feet parallel, weight equally distributed.

Elbow Diameter

It is the width of the elbow joint, measured by using a small sliding caliper. Subject sits comfortably on a chair, with arm horizontal and forming a right angle with the forearm. The caliper applied bisecting the angle of elbow and measurements were recorded in centimeters.

Calf girth

It is the circumference of most bulging point of Gastroenemius (calf) muscle measured at the right angles to the long axis of a tibia bone (lower leg) of a person in standing position.

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**Arm length**

It is the length of the arm from acromion point of shoulder joint to dacty lion point of middle finger.29

**Leg length**

It is the length of the leg from anterior iliospinale point of hip joint to bottom of heel. From the end of the spinal column to the floor also taken from greater trochanter to floor.30

**Body fat percentage**

The body fat percentage (BFP) is the relative amount of fat on your body compared to fat-free mass. Percent body fat of a human or other living being is the total mass of fat divided by total body mass.31

### 1.8 HYPOTHESES

To accomplish the purpose of the study the following hypotheses were formulated.

**H1:** There is no significant relationship between selected Morphological variables and Game Performance among Kabaddi players

**H2:** There is no significant relationship between selected Motor Abilities and Game Performance among Kabaddi players

**H3:** There is no significant relationship between selected Morphological and Motor Ability variables among Kabaddi players

**H4:** All the Morphological variables equally predict Game Performance among Kabaddi players

**H5:** All the Motor Ability variables equally predict game performance among Kabaddi players

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H6: a) Kabaddi players from different states differ significantly in their Morphological variables.

b) Kabaddi players from different states differ significantly in their Motor Ability variables.

c) Kabaddi players from different states differ significantly in their Game Performance.

1.9 SIGNIFICANCE OF THE STUDY

1. The present study may help the coaches, trainers and physical education teachers to understand the dominant factors that indicate kabaddi performance at sub junior level.

2. The results of the study may be helpful in designing appropriate training programme to improve required motor abilities and morphological aspects of sub junior kabaddi players.

3. The study may be helpful to identify potential boys based on the motor abilities and morphological aspects to groom outstanding kabaddi players.

4. The results of the study may be helpful to differentiate and motor abilities possessed by players of different states and their relation to their performance.

5. From the practical point of view, this results helpful for trainer and coaches to adjust training schedule and contemplate on the variables that contribute to performance and achieve success in the game.

6. The result of the study may be helpful, while proposing guideline and index for future researchers in the field of Kabaddi game related to morphological characteristics and Motor fitness variables.