CHAPTER - III

THE PROBLEM / HYPOTHESIS

INTRODUCTION, DESCRIPTION, DETAILS, HISTORY, CRTICALLY ETC.

HYPOTHESIS

On the basis of the observation of various studies, with the guidance of experts in the field of sports and physical education and also on the availability of the literature the following hypothesis are made:

1. There will be no significant difference will be observed in endurance of indoor and out door game players.

2. There will be no significant difference will be observed in weight of indoor and out door game players.

3. There will be no significant difference will be observed in height of indoor and out door game players.

4. There will be no significant difference will be observed in Pulse rate of indoor and out door game players.

5. There will be no significant difference will be observed in competition anxiety of indoor and out door game players.

6. There will be no significant difference will be observed in self-concept of indoor and out door game players.

7. There will be no significant difference will be observed in Achievement motive of indoor and out door game players.

8. There will be no significant difference will be observed in neuroticism of indoor and out door game players.
OPERATIONAL DEFINITIONS OF THE CONCEPTS USED IN THE PRESENT RESEARCH

1. **Physical Profile**:  
   It includes blood pressure, pulse rate, height, weight and endurance.

2. **Psychological Profile**:  
   It includes neuroticism, sports competition anxiety, physical profile, mental profile, Achievement motivation and self concept.

3. **Indoor Profile**:  
   Table Tennis and Badminton players were included.

4. **Outdoor Profile**:  
   Football and Kabaddi players were included.

5. **Inter Collegiate Players**:  
   In this category players participated in University team have been included.

6. **Inter University level Players**:  
   This category included the players participated in inter college tournament.
 detal history of indoor and outdoor games
the game of badminton

the game of Badminton is played on a court by two players (singles) or fours (doubles). The players use rackets to hit a shuttle over a net from one side tot the other, the object of the game being to hit the shuttle across the net to al place in the opponent's court where he cannot reach it, or to force the opponent to hit the shuttle out of court or into the net. A player who achieves this when he or his partner has served is awarded a point, and the first player or pair tot reach the required number of points in a game wins that game. A match is the best of three games.

Because of the extreme lightness of the shuttle, which is affected by the slightest breeze, the game is always played indoors, except in certain countries.

Badminton has far outgrown its origin and is now generally rated, in its higher grades, as one of the fastest and most exhausting pursuits in the athletic world. The initial velocity which can be imparted to the shuttle by good racket work, and the fact that it must not hit the floor the principal reason for this.

It follows that there can be no better means for attaining perfect physical fitness, and that really good footwork is an essential item for success.

the court. The surface of the court should be of wood, although other surfaces may serve equally well provided they are not slippery. Because the shuttle is white in colour, the floor and the background should be of a dark shade, and if painted should not be glossy, as reflection makes sighting of the shuttle more difficult.

Where the floor surface is light coloured, the court marking lines may be black, but in other cases they must be white. These lines are 4 cms 11.5 inches) wide and indicate the boundaries of the various areas of the court as shown in the diagram.
The dimensions of the net are shown, and the net posts must be placed on the outer side lines as illustrated. In some cases it is impracticable to fix the posts to the floor and it is in order to fasten the net rope to the walls of the room. If this is done a tape of 4cms (1.5 inches) in width should be fixed to the top of the net and the floor exactly over the outer sidelines to indicate where the posts should be, as shown.

Sometimes communal posts are used for adjacent courts, being placed between the courts. In this case also, tapes should be fixed over the outer sidelines of both courts. The posts themselves should not be higher than 155 m (5 feet 1 inch). This is important as, by their position on the sidelines, they actually stand within the playing area. Apart from the type which screw on to the floor, posts can also be obtained which will remain erect by means of a weighted base.

Service areas. The service areas are those areas in which a player must stand to serve either in the right or the left service area, and also the area in which the receiver must stand until after the service is delivered.

A foot on or touching a line in the case of either the server or the receiver is held to be outside the service court and therefore is a fault.

The areas are as indicated on the diagram. The centre line dividing the right and left areas is regarded as "in court to either side should the shuttle fall on that line."

EQUIPMENT

The Racket. A Badminton Racket is very fragile, for it weighs only about five ounces. It is made of Hickory, and the best make 3 are Hell laminated to prevent warping as much as possible. Most Rackets now have metal shafts and some have metal heads. The most important points in a Racket are its balance and the grip, both of which should be such that comfort findings is ensured to the user. No particular specifications can be recommend, except that a lady usually prefers a slightly smaller grip than a man. It must be remembered when choosing a Racket that it will have to be manipulated largely by the wrist, and this will help as a guide. A Racket
should always be kept in a press when not in use. Even the very best rackets are liable to warp when not placed in a press, and once warping commences it cannot be corrected.

The Shuttle. Even more than a racket, the shuttles is a thing of great fragility, as will be made clear by the fact that it weighs only eight or a sixth of an ounce. It is composed of from fourteen to seen goose jj fathers inserted in a cork base, the latter being covered with kid 'Should be treated with great care, and should never be ha along the floor in order to give it to another player to serve. The Ireful shuttle is not long, for once the feathers become damaged the flight will be affected. Because of the different atmospheric conditions of different halls and weather, shuttles are made in varying ~flights', and Law 4 of Badminton will help in ascertaining the correct flight or any particular hall. In a very clear atmosphere a shuttle will travel further than on a misty day, and likewise the size and temperature of a hall will have some effect upon its behaviour. Modified shuttles e.g. nylon, plastic etc. have been approved for play in England.

Dress. Although dress is largely a matter of personal choice, there are two important considerations Because Badminton is a fast game, freedom of movement is essential. Clothing worn on court, therefore, must always be comfortable and stay comfortable throughout the game. It must also be neat and tidy in appearance and should always be white in colour.

Shorts and shirt are the normal clothes for the male Badminton player and very often a track suit is worn off court.

A dress, skirt and blouse or shorts and shirt are usual for women. Badminton is often played in inadequately heated halls and it is usually advisable under these conditions. to wear a warm white sweater when knocking up and starting the game. Special attention should be paid to footwear as uncomfortable shoes will undoubtedly hamper one's performance. Shoes should be cushioned and should not have black soles. They are usually worn with thick socks to prevent blistered feet.
TACTICS

Mens and ladies' doubles. In mens and ladles' doubles there are two basic formations and these are all strand B are attacking, i.e., hitting down, and are in the 'back and front' formation with A covering the forecourt (shaded portion) and B the back. X and Y are feeding in the "sides' formation with X ready to hit all shots in his side court (again shaded) and Y covering the other half. When the server delivers a short service, he approaches the net to cover any short returns, thus adopting the "back and front' information. If he serves high, i.e., a defensive service, he takes up a "sides' formation with his partner.

Fixed Doubles in mixed doubles it is generally considered to be most effective for the woman to play at the net and for the man to cover the back of the court. Thus they adopt an attacking formation throughout as shown in the diagram. It is essential that the shuttle should be hit down as much as possible by both players and not lofted into the air for the opponents to attack. The woman should keep her racket "at the ready' in order to pounce on all shots above the height of the tape. The man should take the shuttle as early as possible, playing drives when the shuttle is too low to smash, rather than defensive strokes from near the floor.

THE LAWS OF BADMINTON

Court

1.- (a) The Court shall be laid out as in the diagram on page 6. (except in the case provide for in paragraph Abe of this Law) and to the measurements there shown and shall be defined preferably by white or yellow lines, or, if this is not possible, by other easily distinguishable lines 4 cms (1.5 inches) wide.

In marking the court, the width (4 cms) (1.5 inches) of the centre lines shall be equally divided between the right and left service courts; the width (4 cms each) (1.5 inches each) of the short service line and the long service line shall fall within the 3.96 metros (13 foot) measurement given as the length of the service court; and the width (4 ems each) (1.5 inches each) of all other
boundary lines shall fall within the measurements given.
(b) Where space does not permit of the marking out of a court for doubles, a court may be marked out for singles only. The back boundary lines become also the long service lines, and the posts, or the strips of material representing them as referred to in Law 2 shall be placed on the side lines.

Posts

Writhe post shall be 1.55 metres (5 feet 1 inch) in height from the surface of the court. They shall be sufficiently firm to keep the net strained as provided in Law 3, and shall be placed on the side boundary lines of the court. Where this is not practicable, some method must be employed for indicating the position of the side boundary line where it passes under the net, e.g. by the use of a thin post or strip of material not less than 4 cms (1.5 inches) in width, fixed to the side boundary line and rising vertically to the net cord. Where this is in use on a court marked for doubles it shall be placed on the boundary lines of the doubles court irrespective of whether singles or doubles are being played.

Net

3. - The net shall be made of tine nature, cord or artificial fibre of a dark colour and even thickness not exceeding 5/8 to 3/4 inch (1.5 to 2 ems) mesh. It shall be firmly stretched from post to post, and shall be 0.76 meters (2 feet 6 inches) in depth. The top of the net shall be 1.5Z4 metres (5 feet) in height from the floor at the centre and 1.55 meters (5 feet 1 inch) at the posts, and shall be edged with a 75 mms (3 inches) white tape doubled and supported by a cord, or cable run through the tape and strained over the flush with the top of the posts.
FOOTBALL

A game of football is played between two teams of not more than eleven players. One of each team must be the goalkeeper.

In league or cup games the rules of the competition may allow each side to use no more than two substitutes. Where the game is a friendly (i.e. one not played in a competition) up to five substitutes per team may be used providing that the agreed figure is given to the referee before the game.

During a stoppage in the game, a goalkeeper or any other player may be replaced providing the referee is informed that a substitution, it to be made. If he is not informed, then the referee has to caution the players who infringe this law.

The referee has to caution a player who, after the game has started, enters or re-enters the field of play to join or rejoin his team without the referee’s permission. Similarly, a player has to be cautioned when he leaves the field of play without the referee’s consent (except when he leaves because of injury or in the usual course of plays Some Leagues have a compulsory ruling that the players must wear numbers on the backs of shirts or jerseys.

The diagram shows the approximate positions of the players when a team is kicking off, though during a game they will interchange positions freely.

The usual equipment of a player consists of jersey or shirt shorts stockings, shin guards and footwear.

A player should not wear anything which may cause injury to another player. He may wear spectacles at his own risk c d at the discretion of the referee.

Football

Sides have to be distinguished from each other (and from the referee) by the colours they wear, whilst goalkeepers have to be recognizable as such by wearing colours different from those of the other players.

If a player is found to have any article of personal equipment not
conforming to the foregoing requirements he has to leave the field at the referee's request to remedy the fault. Nor can he return without first reporting to the referee, who has to satisfy himself that the player's kit is in order. The player may only enter the field at a moment when the ball has ceased to be in play, and must report to the referee.

THE BALL

The ball must be spherical and have an outer casing of leather or other material approved by the International Board. Nothing may be used in its construction that could prove dangerous to players. The ball must be 27 inches - 28 inches (6.711 mm) in circumference and at the start of the game its weight must be from 14-16 ounces (3.453 grammes).

Footballs can now be obtained with a waterproofed surface so that the weight will remain approximately the same throughout a game even on wet and muddy grounds. A white waterproofed ball can be seen better on dark winter days. The ball can only be changed during the game by the consent of the referee.

The lace type of football is fast giving way to the valve type. If the ball is laced it is important to draw the opening seams close together and to see that the lacing is flat.

The pressure of the ball must be et a to 15 lb. per sq. inch (1 kg. per sq. cm).

For games played by schoolboys on other than grass pitches, footballs with protected Seams are available. A size 3 is large enough for juniors.

THE FIELD OF PLAY

The size of the playing field may have an important bearing on play. Because of difficulty in obtaining adequate playing spaces the laws of the game allow limited variation in dimensions, but stipulate that the length must always exceed the width. Internal markings are, however, always constant. Clubs should try to obtain a field which conforms to the dimensions for international matches (maximum 110 x 75 metros, minimum 100 x 64 metros). It is in the best interests of the game to secure and maintain by
effective draining and careful upkeep. a good level field of grass.

Where there is need for continual daily practice on a pitch it may be advisable to lay down a porous All weather’ surface instead of turf.

This scale drawing shows line area dimensions and markings of a playing field.

**Touch Lines** are the longer boundary lines. When the ball passes wholly over these lines it is out of play. Play is restarted with a throw in.

**Goal Lines** are the lines at each end of the field, joining and at right angles to the touch lines. The width of a goal line must be the same as the depth of the goal posts and crossbar. When the whole of the ball passes over the goal line (except between the goalposts and under the crossbar), either on the ground or in the air, the ball is out of play and the game is restarted by:

1. A Goal Kick — when the ball has last been played by an attacking player.
2. A Corner Kick - when the ball has last been played by or touched a defending player.

When the whole of the ball has passed over the goal line between the goalposts, and under the crossbar, a goal has been scored, unless otherwise provided by the laws.

Note: -- Touch lines and goal lines are part of the field of play just as all markings are part of the area which they enclose.

**The Halfway Line** indicates a division of the field into two equal halves for the purpose of:

1. Kick off - when all the players must remain in their own half of the field until the place kick has been taken.
2. Offside -- a player cannot be offside if he is in his own half of the field. ‘-‘ the mailers the ball is played.

**The Ceders** and the penalty arc (radius ten yards (9.15m) from the penalty mark), provide practical indications of the law that 'for all forms of free kick, whether direct or indirect, the players of the offending We shall be
at least ten yards (9.1 m) from the ball and shall not approach within ten yards (gem) until the kick has been taken'.

Note:—The above rule—at least ten yards (9.1 m) from the ball—applies to offending players standing behind the ball as well as those in front of it, except in three cases:

1. For a penalty kick, all players, other than the goal-keeper and the player taking the kick, must be outside the penalty area, within the field of play, and at least ten yards from the ball at the time the kick is taken; the goalkeeper must stand on his goal line between the goalposts.

2. At a goal kick when all attacking players must be outside the penalty area.

3. When an indirect free kick is awarded against a side in their own penalty area but less than ten yards from goal, defending players may stand on their own goal line between the goalposts, or otherwise they must be not less than ten yards (9.15m) from the ball.

The Penalty Area is a rectangle 44 yards (40.2m) by 18 yards (16.5m) including the width of the lines. It serves the following purposes:

1. Indicates that part of the field in which for any of the nine ‘panai’ offences committed intentionally by a defending player, a penalty kick is awarded.

2. Indicates the part of the field of play where the ball may be handled by the defending goalkeeper.

3. Indicates the area beyond which the ball must be kicked before it is in play from a goal kick or from a free kick awarded to the defending side in their own penalty area.

4. When a penalty kick is awarded, it indicates the area outside with than goalkeeper and the player taking the penalty kick, must be on the field of play, or outside which all opposing players must remain while a goal kick or free kicks by the defending side is taken.

The Penalty Arc is not part of the penalty area. By being ten yards (9.15 m) from the penalty mark and outside the penalty area, it indicates the additional area into which encroachment is not permitted when a penalty kick
is being taken. For a **Penalty Kick**, the ball is placed on the penalty mark, which is sited inside the penalty area at a point 12 yards (11 m) from the centre of the goal line and at right angles to it. The Goal Area has two purposes:

1. To indicate the area in which the goalkeeper has special protection (he can only be charged when he is holding the ball or is obstructing an opponent).
2. To limit the area in which the ball is placed for a goal kick.

For a goal kick the ball can be placed anywhere in that half of the **goal area** nearer to where it crossed the goal line. Many goalkeepers place the ball near the forward corner of the goal area because such a position adds a few yards to their kick or allows them a convenient run (but most likely because it is the accustomed position). If the ball were placed a little away from the extreme corners it might afford better footing at the time the kick is made.

Above: Goalkeeper cannot be charged in his goal area unless he is holding the ball, or unless he is obstructing an opponent.

Above: Goalkeeper can be fairly charged outside the goal area.

**DURATION OF THE GAME**

The game is divided into two equal periods, each of 45 minutes duration, unless competition rules permit a reduction in each half. The duration of the half time will be 10 minutes and it can be increased up to minutes by seeing the distance of the retiring room, with the consecrate of the Referee.

In certain competitions the rules specify the time to be played and also extra time which may be necessary in the case of a drawn game. The length of the interval between the end of normal playing time and the start of extra time is at the discretion of the referee. Referee and players must abide by these rules and regulations.
In all games a referee is empowered to:

1. Take allowances in either half of the game for time lost through accident or other cause. The amount of time allowed for time lost is a matter for the discretion of the referee.

2. Extend time to permit a penalty kick to be properly taken.
TABLE TENNIS

HISTORICAL BACKGROUND

Table Tennis is an indoor game. In reality, the place of its origin is not known; but it is said that this was first started in the last decade of 19th century in England. First of all, it was known as tGossimmat, later on it became an indoor game as Ping pong The name of Ping pong was given to it by the manufacturers of its equipment, but the present name of this game is Table Tennis. In 1922, when first National Table Tennis Association was formed in England, this name was given to it and standard rules were framed. In 1926-27, a meeting of the national representatives took place in London. In it, a new Constitution for this game was accepted and the "Table Tennis Association" of England was given the present name. In the same year, first International Competition took place. This game is played on a table with the help of a racket and a ball.

Therefore, it is essential to know about the playing table, racket and ball to be used in the play. First of all, we shall see the table, its size and material. After this, we shall see about the 'Bounce' of the ball on the table and the type of racket to strike the ball. Testing of all this equipment is also essential. The equipment should be purchased only after proper testing and the international laws about the game should be followed.

Table Tennis. The laws were revised by the International Table Tennis Federation in 1935-87.

Table

Rule 1.1 Generally a wooden table of thickness 2.54 cm is used for table tennis matches, but 1.90 cm thick plywood table also gives good bounce. For proper testing, we can test it like this. When an approved ball is thrown on the table from a height of 30 cm, the Bounce of the ball should be between 22 cm. to 25 cm. This test should be done on various points on the table, so that correctness of the table may be judged.

Test of Bounce

It is not essential that the table be necessarily of wood. The table may be made of slate, glass, plastic or of metal, provided shape, size, surface
etc. should be according to the laws.

**Testing of jump**

**Dimensions** - The shape of the table should be rectangular or a quadrilateral in surface.

The upper surface of the table called "Playing surface", should be 2.74 m. long and 1.525 m. wide and its height should be 6 cm. from the ground. The surface should be parallel to the ground.

The upper sides of the table will be included in the playing surface but the lower sides are included in it.

The table or playing surface should be painted black and along each edge 2 cm. broad white line should be marked. It shall be non-reflecting. The lines drawn (along 2.74 m. length) are called 'Side Lines' and the lines drawn on the 1.525 m breadth, are called 'End Lines'.

The playing surface is divided into two equal halves by a line parallel to the side lines and at an equal distance from both. In doubles, the surface of the table is divided by a 3 mm broad white line, which is parallel to the side lines and at an equal distance from both. This is called "Centre line".

Table Tennis 7

The one half of the table belongs to the 'Server' and the other half belongs to the 'Receiver'. These are called Courts. Both of them remain in their respective 'Courts'.

**Care of the Table**

On a good table, dark green cellulose paint is used but it does not give shining to the surface.

Due to frequent collisions of fast revolving balls on the table the surface of the table gets "shining", and a stage arrives when reflection of the surface lowers the standard of the play.

When such things happen, the surface should be got changed or rectified by the manufacturer. But this involves heavy expenditures at the same we lose the table for a couple of weeks.

Therefore, it is better to avoid causes that bring shining on the
surface. For example, the table should neither be polished, nor it should be rubbed off to remove the dust. Dust should be removed gently.

Players should not be allowed to sit on the table, nor they should wipe off their sweat etc. with it; it also destroys the surface.

Net Assembly.

According to Rule No. 2, there will be a net and two supporting posts. Net will be hung through two cords, fastened with the posts. Net should be projected outside by 15.25 cm.

It should be kept in mind that while fastening, the net tension should be on the upper cord. Net posts should be kept inside, their correct position by 2.50 cm. In the end when the posts will come in the correct position, the cord of the net will be tightened itself.

After the upper string (i.e. cord) corrected finally, the lower string is tightened, but its tension should be lesser than the upper string.

The height of the net should be 1.5~25 cm (lengthwise) from the playing surface. The lower side of the net will be touching the playing surface throughout its length and both ends of the net shall be, as far as possible, near the supports.

The Ball

The ball will be spherical. Its circumference shall be 38 mm. Its weight shall be 2.5 gram.

The ball shall be made of celluloid or plastic shall be of white or yellow colour. It should be free of glaze. Ordinary players can purchase any ball with the mark of National Table Tennis Association.

The Racket

The Racket may be of any shape, size or weight, but its surface (blade) shall be plane and made of natural wood or plywood.

At least 85% thickness of the blade shall be of natural wood. This shall be flat, stiff, and of even thickness.
KABADDI

INTRODUCTION

Kabaddi is an Indian game. It is popular everywhere in the country. It is known with different names at different places. It has many forms in different states. In Uttar Pradesh, it is known as Windy Kabadi and in Punjab as Punjab Kabaddi. In this game players are revived (reborn) after being out (death).

First time in 1950, Kabaddi Federation of India was founded. The federation compiled kabaddi rules. In 1973 Amateur Kabaddi Federation of India (AKFI) was founded which is working since then. The AKFI has given new shape to the rules and it has also the rights of modification in the rules. Bangladesh team visited this country and played matches at different places. Later that a club from Pakistan bright his team and played in the national championship organised in Sangali (Maharashtra).

After this Indian team toured Bangkok, Poland, Malaysia and Japan where they played many matches. Similarly teams from Pakistan, Bangladesh, Bhutan, Singapore and Sri Lanka came to our country to play matches. Meanwhile “Asian Kabaddi Federation” was bundled under the chairmanship of Mr. Sharad Pawar (Maharashtra) The first Asian Kabaddi championship was organised in Calcutta in which India, Nepal and Bangladesh participated. In this championship trivia stood first. An Asian Kabaddi Tournament was organised in Bombay in which besides India, teams from Nepal, Singapore, Sri Lanka and Bangladesh participated. In 1985, South Asian games were arranged in Dhaka (Bangladesh). In which Pakistan, Nepal and India participated. In this championship India bagged 1st and Bangladesh 2nd position. In 1987 South Asian games were arranged in Calcutta (India). In this Bangladesh, Pakistan, Bhutan and India participated. Now it is proposed to organise the next championship in Jaipur.

In Uttar Pradesh, Kabaddi has its own history. In this region, Mr. B.B. Tripathi (Allahabad) played a leading role to popularise this game. After the Amateur Kabaddi Federation founded in 1973, Mr. K.P. Aggarwal (Lucknow) took the responsibility to establish Kabaddi Federation in U.P. He not only
popularised this game in that region but organised ~ Kabaddi match with Bangladesh at Lucknow. North Zone Kabaddi championship was organised many time at different places in U.P. A national tournament has been organised in Haridwar. An Asian Kabaddi competition was organised in Lucknow also. Next competition for "Federation Cup" arm Sub Junior National Kabaddi championship is also to be organised in U.P. Mr. Vijendra Pat Singh, Ishpal Singh and Padam Vir Singh are the players of this state who played in foreign on behalf of India and brought glory.

**IMPORTANT DEFINITIONS**

1. **Ground:** This is a plane area which is 12.50 x 10 -m (For adults and Junior children), 11 x 8 m (For Ladies and Junior girls) and 9.50 m x 6.50 m (For sub Junior girls).

2. **Field:** The area 12.50 x8 mt For adults and Junior boys), 11 x 6 m (For Ladies and Junior girls) and 9.50 x 6.50 m (For sub junior girls) is known as 'Field'.

3. **Boundary:** The lines which show the limits of the ground are known as "Boundary lines". These lines are 5 cm. wide.

4. **Lobby:** The 1 m wide area (for adults, ladies and Juniors) and 0.75 m wide (for sub juniors) on both sides of the ground is known as Lobby. Normally this is not included but during "fight" a is included in the field.

5. **Mid Or March Line:** The line that divides the ground into two halves, is known as Mid line or march line.

6. **Baulk LINE:** After mid line there is a "Baulk line" Every "raider" is required to cross this line. If he comes back without crossing it, he is declared "out" or "dead".

7. **Cant:** The repeated, without break a ta stretch, and clear sounding loud of the approved word "Kabaddi Kabaddi " within the course of one respiration is called a Cant.

8. **Raider:** The player who enters the court of the opponent with the cant is known as the raider. The raider should begin his cant before he touches the opponent's court.
9. **Anti Raider:** Every player of the party in whose court the raid is being made is called an "Anti Raider" or "Anti".

10. **Losing the Cant:** Stopping the repeated and clear sounding aloud of the word "Kabaddi" or to take in a breath during a cant is known as "losing the cant". A cant must be started and continued within one or the same respiration otherwise the player will be declared "out".

11. **Raid:** When a raider enters the courts of the opponent with cant, it is known as a "raid".

12. **o putout an Anti:** If a raider touches an "anti" without breach of the rules of the play or if any part of the body of an anti touches any part of the body of the raider and then the raider touches his court with the cant, the anti is said to be put "out".

13. **ohold a raider:** If the anti or antics hold without breach of rules of the play and keep the raider in their court and donot allow him to reach his court until he loses his cant. It is known as "holding the raider".

14. **O reach the court safety:** If the raider after crossing the mid line (march line) touches his own court with any part of his body without he breach of rules of the play and with cant, he is said to have "reached court safely".

15. **Struggle:** When a raider touches an anti or an anti touches a raider the "struggle" begins. During struggle, Lobby is also included in the field.