



Parminder Sharma (Tech off. & Coach)

Beach Kabaddi is another form of Kabaddi which was included as a major discipline in the 1st Asian Beach Games held at Bali in the year 2008 in both the men & women section. Beach Kabaddi is played outdoors on the beach sand with teams consisting of six players each, with four players a side and two substitute players. The play field measures 11 x 7 meters [Men] & 10 x 06 [Women] divided into two equal halves by a midline. The duration of the match is of two halves of 15 minutes each with a break of 05 minutes [15 – 05 - 15]. In Beach Kabaddi, there is no out or revival of players as in the regular Kabaddi. There is no baulk line, bonus line and lobbies in Beach Kabaddi. Beach Kabaddi gained unprecedented popularity due to the easy to comprehend rules and the thrill of the sport with no equipment required since Beach Kabaddi is played on natural beach surface outdoors.



The Regular, Indoor & Beach Kabaddi have different set of rules, different logistic requirements, different playfield requirements and varied number of players. What they share in common, however, is the public appeal since all these forms of Kabaddi have the enticing features of Skill, Thrill & Dare.

RULES OF BEACH KABADDI

The game of Beach Kabaddi will be governed and played under the following rules of international body of kabaddi.

Ground: Ground will be level with sand of minimum 30 cm Depth.

1) Play Field Measurements:

a) Men & Junior Boys: 11X7 Meters divided into two equal halves by a mid line

- Men: Below 80 Kg Weight
- Junior Boys: Age 20 years & below (last day of the year) and below 65 Kg Weight

b) Women and Junior Girls: 10 X6 Meters

- Women: Below 70 Kg Weight
- Junior Girls: Age 20 years & below (last day of the year) and below 60 Kg Weight



c) Sub-Junior Boys and Girls: 9X6 Meters divided into two equal halves by a mid line

- Sub-Junior Boys: Age 16 years & below (last day of the year) and below 50 Kg weight
- Sub-Junior Girls: Age 16 years & below (last day of the year) and below 50 Kg weight



Note: The National Association should furnish original date of birth certificate from the institution. The date of birth and the photograph of participating player should be attested and verified by the Head Master/Principal. The Original Date of Birth Certificate only will be accepted in the Championship. Random test on players from participating teams will be conducted by the AAKF from the concerned Institutions. If any Association is found guilty, the concerned State Association's team will be debarred for a period of 3 years from the same year. Achieved position will also be effected and Association has to return the Medals and Certificates to the Federation.

2) Boundary:

The lines on the four sides of the Play field are known as the boundaries (AB, BC, CD, and DA). All lines will be 3 to 5 Cm width and form the part of the play field. Width of all the lines will be minimum 3 Cm to maximum 5 Cm evenly demarcated with a tape It is necessary to have 3 Meters clear space out side the boundaries There will be no Baulk line, Bonus line and Lobbies in Beach Kabaddi

3) Mid Line

The line that divides the play field into two halves is known as the mid-line (MN)

4) Court

Each half of the play field divided by the mid line is known as the Court.

5) Chant

The repeated, without break at a stretch and clear aloud sounding of the approved word ‘



KABADDI' within the course of one respiration Will be called 'Cant'.

6) Raider

One who enters into 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.

7) Anti or Anti Raider

Every player in whose court the raid is being made will be called Anti or Anti raider.

8) Loosing the cant

To stop the repeated and clear aloud sounding of the word 'KABADDI' or take in a breath during cant by the raider is known as losing the cant. A cant must be continued within one and the same respiration.

9) To put out an anti

If a raider touches an anti without the breach of 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 touches his court with the cant, the anti is said to be put out.

10) To Hold a Raider

If the antis or anti hold the raider without breach of rules of play and keep the raider in their court and do not allow him to reach his court until he loses his cant or the referee/umpire blows the whistle, is known as holding the raider.

11) To reach court safely

If the raider touches his court with any part of the body through the midline with cant, without breach of rules, he is said to have reached his court safely and turn of raid is over.

12) Touch

If the raider touches the anti or antis, by any part of his body or even the clothing, shoes or any other outfit, it is called a touch.



13) Struggle

When the anti or antis come into contact with the raider, it is called struggle.

14) Raid

When the raider enters the court of opponent with cant, it is known as Raid.

15) Pursuit

When an anti rushes into the opponent court with cant and without breach of rules, chasing the returning raider with a view to touch, it is called pursuit.

RULES OF PLAY

1. The team that wins the toss will have the choice of the court or the raid and the team that loses the toss will have the remaining choice. In the second half, the court will be changed and the team, which



has not opted for raid, will send their raider first.

2. A player will be out if any part of his body touches the ground outside the boundary but during the struggle a player will not be out if any part of his body touches the ground outside the boundary by keeping contact of the playfield. The portion of contact must be inside the boundary.

3a) If any player goes out of the boundary during the course of play, he will be out. The Umpire or Referee will declare such players out by calling out the numbers and the raid will be declared over.

3b) If an anti or antis who have gone out of bounds (as per rule 3 a), hold a raider, the raider will be declared NOT OUT. The anti or antis who have gone out of bounds only will be declared out.

4. A raider will continue to chant 'KABADDI' as the approved cant. If he is not keeping the approved cant or he loses the cant in the opponent court, he will be ordered back and the opponent will be given one Technical point and chance to raid. Under such circumstances, he will not be pursued.

5. A raider must start his cant before he touches the opponent's court. If he starts the cant late, he will be ordered back by the Umpire or Referee and the opponent will be given one Technical point & a chance to raid.

6. If a raider goes out of turn, the Umpire or Referee will order him to go back and one Technical point will be given to opponent team.



7. Not more than one raider will enter the opponent's court at a time, if more than one raider enters the opponent's court at a time, the Umpire or Referee will order all to go back to their Court and a Technical point will be awarded to the opponent and chance to raid.



8. After a raider has reached his court or is put out in the opponent's court, the opponents will send their raider within 5 Seconds. Thus alternately each side will send their raider until the end of the game. In case the raider fails to start his raid within 5 seconds, the team loses its chance to raid and the opponent team gets a Technical point.

9. If a raider, who is caught by the anti or antis, escapes from their attempt to hold and reaches his court safely he will not be pursued.

Note: But if a raider touches the anti or antis and reaches back to his court safely he may be pursued.

10. If a raider, while in the opponent's court loses his cant or comes back to his court without touch/struggle, he will be out and the opponent team gets a point.

11. When a raider is held, the anti will not try deliberately to stifle his cant by shutting his mouth, using violent tackling leading to injuries, any type of scissoring or use of any unfair means. If such incident happens, the Umpire or Referee will declare the raider NOT OUT. (For punishment see No. 3 & 4 of the rules under heading 'Officials').

12. No anti will wilfully push the raider out of the boundary by any part of his (Anti's) body, nor will any raider wilfully push or pull an anti or antis out of the boundary. If the raider is pushed outside the boundary or the anti is pushed or pulled outside the boundary, the Umpire or Referee will declare the raider or the anti, as the case may be, as NOT OUT, and the anti or the raider who pushes or pulls the opponents outside the boundary will be declared out.

13. During the course of raid none of the anti will touch the raider's court until completion of the raid. In case any anti or antis touches the raider's court before completion of the raid they will be declared out and the opponent team will be given that many points.

14. If an anti or antis who are out, having violated Rule No.13, holds a raider or helps to hold the raider, the raider will be declared NOT OUT and the anti or antis who touches the raider's court will be declared OUT.



15. If a raider is warned or in any way instructed by one of his own side, the Umpire or Referee will award one technical point to the opponent.

16. A raider or an anti is not to be held by any part of his body deliberately other than his limb or trunk. The one who violates the rule will be declared OUT. If the raider is held deliberately other than his limb or trunk, the Umpire or Referee will declare such raider NOT OUT.

Note: If a raider is caught by his clothes or hair the raider will be declared NOT OUT and the anti or antis who have violated the Rule No.16 will be declared OUT.

RULES OF MATCHES

1) Team

Each team will consist of 6 Players. 4 Players will take the ground at a time and the remaining two players will be substitutes.

2) Duration of the match

The duration of the time of the match will be two halves of 15 minutes in case of Men, Women, Junior Boys and Junior Girls with a 5 Minute interval. In case of Sub-Junior Boys & Sub-Junior Girls two halves of 10 Minutes with a 5 minute interval. The teams will change court after interval.

NOTE: The last raid of each half of the match will be allowed to be completed even after completion of the scheduled time as mentioned above.

3) System of Play

The out and revival rule will not be applicable. Only point/points scored will be counted.

4) Productive Raid

Every Raid will be productive either by scoring point/points/technical point/self out/raider being caught. Even in case an anti or antis become self-out the Raid will be considered to be over and the raider side will be awarded that many points. If the raider returns safely without scoring or productive raid to his own court, the opponent team will be awarded a point.

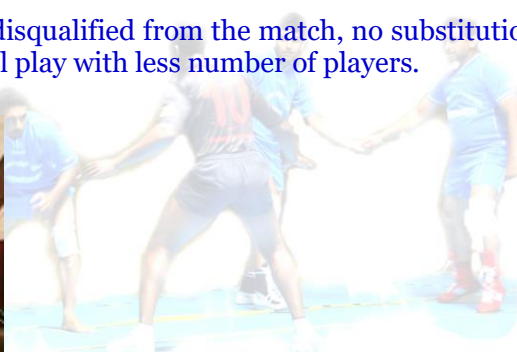


5) Time Out

- a) Each Team will be allowed to take three 'Time Outs' of 30 Seconds each in each half, such time out will be called for by the Captain or Coach or any playing member of the team with the permission of referee. The time out time will be added to match time.
- b) During the time out the teams will not leave the ground, any violation in this; a technical point will be awarded to the opponent team.
- c) Official Time out can be called for by the Referee/ Umpire in the event of any injury to a player, interruption by outsiders, re-lining of the ground or any such unforeseen circumstances. Such time out time will be added to the match time.

6) Substitution

- a) 2 Reserve Players can be substituted with the permission of Referee during time out or interval.
- b) Substituted Players can be re-substituted.
- c) If any player is suspended or disqualified from the match, no substitution is allowed for that particular player. The team will play with less number of players.



7) Result

The team, which scores the highest number of points at the end of the match, will be declared the winner.

8) Tie in Knock Out

If there is a tie in the Knock out matches, the match will be decided on the following basis

- a. Both the teams should field 4 Players in the Court
- b. Both the teams should give the names of the 3 Different Raiders with their Chest Numbers as per their order of raid to the referee. Substitution of players will not be allowed from the fielded 4 Players,
- c. Each team will be given 3 Raids by different raiders to raid alternately



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- d. The side which raids first at the beginning of the match will be allowed to raid first
- e. In case any raider in the given list of 3 raiders is injured before his chance of raid, in such cases the remaining one in the fielded 4 can do the raid
- f. Even after 3 Raids if there is a tie, the game will be decided as per the 'Golden Raid' Rule.

Note: If player/players are suspended temporarily or disqualified during the Tiebreaker, the team



will play with less number of players.

Golden Raid:

Even after 3-3 raids, if there is a tie, a fresh toss will be taken and the team that wins the toss will have the chance to raid i.e. 'GOLDEN RAID' If there is tie even after the Golden Raid then a chance will be given to the opponent team for the Golden Raid. In the Golden Raid the team which scores the leading point will be declared as Winner.

9) League System

In the League System the team that wins the match will score two league points and the loser will score zero point. In case of Tie both the sides will score one league point each.

Tie in league points:

If there is a tie in the league points scored in the league system, the winner and runner of the pool will be decided on the basis of 'For and Against Points' scored by using the following formula:

- a) The team, which scores less than 25% of the league points, will not be considered for the 'For and Against Points' formula.
- b) To decide the tie, the 'For and Against points' of the concerned teams against the teams which scored 25% or more of the league points will be considered and the difference calculated.
- c) The team which is scoring highest score difference of 'For and against' will be declared pool winner.
- d) Even after considering 'For and against' points, if there is a tie, the total points 'SCORED FOR' only will be counted.
- e) Even after this if there is a tie, the result of the match played between the teams is to be considered.



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- f) Even after this if there is a tie, the highest number of points scored without applying 25% rule will be considered.
- g) Even after this if there is a tie, the Winner and Runner will be decided on toss.

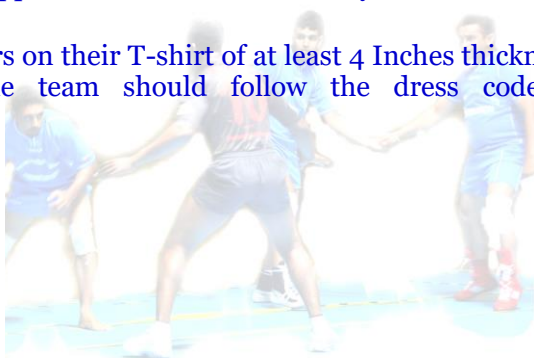
Note: Walkover is given to the opponent team by the referee due to late reporting, non-reporting or due to any other technical issues of the defaulting team. Such team will be scratched from the competition and the score of such teams will not be considered to decide the tie. The same rule will be applicable to teams, which concede the match also.

10) If owing to failure of light, heavy rains or any other unforeseen circumstances, a match could not be completed in the same session; such a match will be replayed in the next session. In case of replay, the players need not be the same for fielding a team.

11) In case of temporary suspension of the match, such match will be continued with the same score and remaining time in the same session. During the temporary suspension the players will not leave their respective courts without the permission of the referee. If a team violates this rule a technical point will be awarded to the opponent team.

12) Nails of the players must be closely clipped and no ornaments of any sort will be allowed.

13) All players must have distinct numbers on their T-shirt of at least 4 Inches thickness in front and 6 inches thickness at the back. The team should follow the dress code compulsorily.



14) Application of oils or any other soft substances to the body will not be allowed.

TECHNICAL OFFICIALS

The maximum age limit fixed is 58 years for the AAKF officials to officiate the matches. After attaining age of 50 years the official has to undergo a fitness & performance test of AAKF once in two years. It is mandatory for all the Technical officials of AAKF to possess and carry the following items whenever assigned with technical duties:

- Electronic Stop Watch
- Official Uniform comprising Black Trousers, Sky Blue Half Sleeves T-Shirt with collar, White Warm Up shoes with white socks
- Whistle, . Warning cards, .Pen, . latest kabaddi rule book.



- 1) The officials will be One Referee, Two Umpires and One Scorer only.
- 2) The decision of the umpires on the field will be final generally but in special circumstances, the referee may give the decision in the best interest of the game and also if there is a disagreement between two umpires.
- 3) Gross violations & Foul

The referee and the umpires will have the power to warn, declare point against or to disqualify any player or team from the match who is committing any of the following violations or Foul.

- a) Persistently addressing the officials in regard to the decision.
- b) Make derogatory remarks about the officials & action leading to influencing their decision.
- c) Point out finger by the raider or anti for demanding decision of the umpire.
- d) Stifle a raider by shutting his mouth or throat by any way.



- e) Violent tackling leading to injuries to the body.
- f) Takes more than 5 Seconds to start the raid.



- g) Hold the raider with the help of scissors operated by legs.
- h) Coaching from outside by the coaches and the players,
- i) Preventing the raider to take his turn of raid

4) The referee and the umpire can use the following cards to warn, temporarily suspend, suspend from the match or debar a player / coach / manager / team from the tournament.

- a) Green Card Warning If green card is shown to a player/ coach/ manager/ team twice, then the next card will be directly Yellow Card.
- b) Yellow Card Temporary Suspension for 2 Minutes. If yellow card is shown to player/ coach/ manager/ team twice, then the next card will be directly Red Card.

Note: * *The two minutes suspension of players will commence from the time the player is on court only*

* If the out player is suspended for two minutes than the suspension will begin after revival

* Teams will not be allowed to revive the next out player in place of the suspended player revival.

- c) Red Card Suspension from the match or debarred from the Tournament.



5) Duties of the Referee will be to:

- a) Take the toss
- b) Start the match
- c) Announce the substitution & replacement of players.
- d) Supervise in general, the conduct of the whole match.
- e) Declare half time, time out and restart of the match after each time out and the end of the match with the assistance of the Table Official.
- f) Announce the score of each side before the last 5 minutes declared



g) Announce the time of each minute of the last 5 minutes of the Second half.

6) **Duties of the Umpire** The umpires will conduct the match and give decisions according to the rules of play and matches till the game is ended.

7) **Duties of the Scorer**

a) Fill in the score sheet & announce the score with the permission of the referee at the end of each



half and the result at the end of the match.

b) Make a note of the team winning the toss at the start of the game.

c) All the points scored by all the players of the team will be recorded in running score on their respective side on the score sheet diagonally (/).

d) The team scoring the first leading point will be shown in the running score by square D

e) Technical point awarded by the referee or umpire should be encircled (O) in the running score

f) Time out by the teams be indicated by "T" against the team concerned

g) Keep a note of the timing in the score sheet at the beginning & at the end of each half, time out taken by the teams & officials and record the substitutions made,

h) Complete the score sheet in all respects and get it duly signed by the umpires and referee.

8) **Duties of the Table Official**

a) Will assist the Referee to Record the time of the start and end the match

b) Will assist the Referee to declare half time, time out and restart of the match after each time out

c) Will assist the Referee to announce the time of each minute of the last 5 minutes

d) Will assist the referee in the substitution & replacement of players