

लोक शिक्षण संचालनालय
मध्यप्रदेश

क्रमांक/शा.शि./ए/3/2010/ ३५४

भोपाल, दिनांक 28.07-2010

प्रति,

- 1- आयुक्त,
आदिवासी विकास, मध्यप्रदेश
भोपाल।
- 2- समस्त संयुक्त संचालक,
लोक शिक्षण शिधण संभाग,
मध्यप्रदेश।
- 3- समस्त जिला शिक्षा अधिकारी,
शिक्षा जिला मध्यप्रदेश।

विषय:-खेलों के तकनीकी नियमों में संशोधन की जानकारी।

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स्कूल गेम्स फेडरेशन ऑफ इंडिया के पत्र क्रमांक 062/10-11, दिनांक 19.07.2010 एवं इसके साथ संलग्न कबड्डी बालक-बालिका 14 वर्ष से कम खेल की नियमावली संलग्न है। निम्नांकित खेलों के तकनीकी नियमों में परिवर्तन किया गया है। जो निम्नानुसार है :-

- 1- इस वर्ष से हॉकी खेल में खिलाड़ियों की संख्या 18 निर्धारित की गई है।
- 2- कबड्डी 14 वर्ष कम आयु वर्ग की प्रतियोगिता संलग्न नियमावली के अनुसार वेट कैटेगरी के अंतर्गत आयोजित होगी।
- 3- तलवारबाजी खेल में बालिका वर्ग में सेबरे इवेंट को सम्मिलित किया गया है।
- 4- स्केटिंग 11, 14, 17 एवं 19 वर्ष बालक बालिका प्रतियोगिता में क्वाड्रस/इनलाईन रेसेस की ही प्रतियोगिता होगी।
- 5- स्काई मार्शल आर्ट्स प्रतियोगिता में 14 वर्ष से कम आयु वर्ग भी सम्मिलित किया गया है इसमें एस.जी.एफ.आई के संलग्न पत्र में अंकित वेट कैटेगरी के अनुसार प्रतियोगिता आयोजित होगी।
- 6- साईकिलिंग प्रतियोगिता में किसी भी प्रकार की भारतीय अथवा विदेशी साईकिल का प्रयोग किया जा सकता है।

कृपया उपरोक्त परिवर्तित नियमों के अनुसार जिला, संभाग तथा राज्य स्तरीय प्रतियोगिताएँ आयोजित करावें।

संलग्न:-उपरोक्तानुसार पत्र एवं नियमावली।

(आलोक खरे)

सहायक संचालक
लोक शिक्षण संचालनालय
मध्यप्रदेश



School Games Federation of India



INDIA

Recognised by-Ministry of Youth Affairs & Sports, Govt. Of India and Indian Olympic Association

Member : International School Sports Federation, Asian School Sports Federation, Asian School Football Federation

PATRON ANIL DIGGIKAR IAS Govt. of Maharashtra, Pune Mobile : 098220-19626	PRESIDENT Mahabali Arjun & Dronacharya Awardee PADMASHREE SATPAL Additional Director of Education (Sports) Government of NCT of Delhi Chhatrasal Stadium, Model Town, DELHI Tel.: 011-27231018 (O) 27488040 (R) Mobile : 098912-26362 Fax No. : 011-27254503	SECRETARY GENERAL Dr. Abadh Kishore Mishra Director Public Instruction Directorate of Public Instruction, MP Gautam Nagar, Bhopal - 462 023 Tel.: 0755-2583620 (O) 2556345 (R) Fax : 0755-2642224	TREASURER Dr. Rajesh Mishra Co-ordinator U.P. School Games, Camp Office Radha Vallabh Inter College, Shahganj, Agra (U.P.) Ph. 0562-2211107 Mob.: 9837890224, 9412254598 Fax : 0562-2213456
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No. S.G.F.I./062/10-11

Bhopal, dated 19/07/2010

To,

All Affiliated Unit
School Games Federation of India

Sub : Regarding the Technical Rules in 56th National School Games 2010-11.

Dear Sir/Madam,

The decisions about various disciplines taken in the General Council Meeting of S.G.F.I. held on 30th May 2010 at Pune are given as under :-

- Hockey** : In the 56th National School Hockey U-14, 17, 19 B & G tournament 2010-11 the number of participating player will be Eighteen (18).
- Kabaddi** : In the 56th National School Kabaddi U-14 Boys & Girls Championship 2010-11 will be held under weight category which rule & regulation is enclose herewith.
- Fencing** : Sabre Event in girls group will be included in 56th National School Fencing Championship 2010-11
- Skating** : In the 56th National School Games Skating Championship U-11, 14, 17, 19 Boys & Girls Tournament the Quads / Inline Races Only.
- Sqay Martial Art** : Under 14 Boys & Girls will also be included in 56th National School Sqay Martial Art Championship 2010-11 with under 17, 19 Boys & Girls group. The weight category is given below :

Boys-14	-25kg	-29kg	-33kg	-37kg	-41kg	-45kg	open
Girls-14	-23kg	-27kg	-31kg	-35kg	-39kg	-41kg	open

- Cycling**: In the 56th National School Cycle U-19 Boys & Girls Championship 2010-11, S.G.F.I. may allow cycle of any make, whether made in India or Forign (Imported). The 56th National School Tournaments 2010-11 will be organised as above mentioned rule & regulation only. You are requested to do the needful for the preparation of the same.

Thanking you,

(Dr. Abadh Kishore Mishra)
Secretary General
School Games Federation of India

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RULES OF KABADDI

The game of kabaddi should be governed and played under the following rules :

1. Ground & weight category

The ground shall be level and soft.

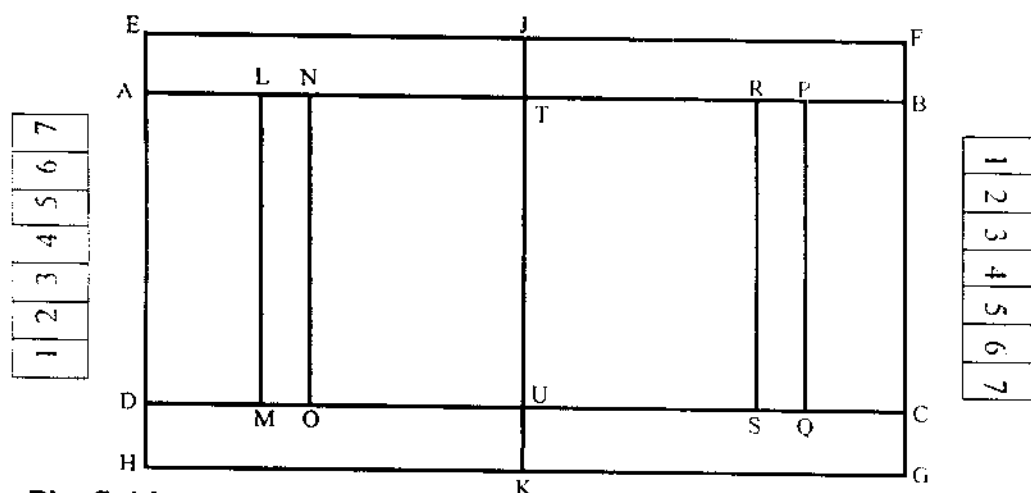
Mini Boys & Girls 11 x 8 meters

- i. Age of mini boys should be 14 years & below with body weight below 48 kgs. They must be regular enrolled student of the school they represent. The participating player should be studying in 8th or below classes.
- ii. Age of mini girls should be 14 years & below with the body weight below 45 kgs. They must be regular enrolled student of the school they represent. The participating player should be studying in 8th or below classes.

The baulk line shall be drawn through the entire width at a distance of mini boys & girls at a distance of 3.00 meters through the entire width excluding the lobbies, from the midline parallel to it on either courts.

NOTE

- i. It is necessary to have 4 meters clear space outside the side and end lines.
- ii. Sitting block shall be at a distance of 2 meters from the end lines. It shall be a rectangle of 1 meter by 8 meters in case of boys and 1 meter by 6 mtrs. in case of girls. Whenever this is not possible the referee may decide about the marking of the clear space and of the sitting blocks.



2. Playfield

The playfield means that portion of the ground which measures 11 meters by 6 meters for mini boys and mini girls before struggle.

Line	Mini
AB/CD/EF/GH	11 meters
FG/EH/JK	8 meters
BF/CG/AE/DH	1 meter
AT/TB/DU/UC	6.0 meters
MU/UQ/LT/TP	4.0 meters
OU/US/NT/TR	3.0 meters
Sitting block	6m x 1m

3. **Boundary**
The lines of the four sides of the playfield are known as the AB, BC, CD and DA. All lines will be maximum of 5 cms width and form the part of the playfield.
4. **Lobbies**
Each of the strips on the sides of the playfield measuring one meter in width is known as the lobby. When the lobbies, as per rule 4 under 'Rules of Play' are included in the playfield the boundaries of the playfield are extended upto the four lines which enclose the playfield including lobbies (EF, FG, GH, HE).
5. **Mid-line (March line)**
The line that divides the playfield into two halves is known as the mid-line of March line (MN).
6. **Court**
Each half of the playfield divided by the midline is known as the court.
7. **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 3.00 meters.
8. **Cant**
The repeated, without break and at a stretch and clear sounding aloud of the approved word KABADDI within the course of one respiration shall be called a cant.
9. **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 opponents court. (The raider is deemed to have entered in the opponent court)
10. **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.
11. **Losing the cant**
To stop the repeated and clear sounding aloud of the word kabaddi or to take in a breadth during a cant is known as losing the cant. A cant must be started and continued within one and the same respiration.
12. **To put out an anti**
If a raider touches an anti without the breach of the rules of play or if any part of the body of an anti touches any part of the body.
13. **To hold a raider**
If the anti or anti hold 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 is known as holding the raider.
14. **To reach court safely**
If the raider touches his court with any part of his body without breach of rules with cant, he is said to have reached his court safely and his turn of raid is over.
15. **Touch**
If the raider touches the anti and anti by any part of his body or even with the clothing, shoes or any other outfits, it is called touch.
16. **Struggle**
When the anti or anti come in contact with the raider it is called struggle. After touch or struggle the playfield includes the lobbies.

17. Raid

When the raider enters the court of opponent with cant it is known as a raid.

18. Successful raid

When the raider crosses the baulk lines of the defending team at least once during the course of a raid and reaches his court with cant, it is known as successful raid.

Note

- i. In case the anti or antis are put out, the raider need not cross the baulk line but must reach his court with the cant.
- ii. Baulk line is said to be completely crossed when any part of the body of the raider has got contact with the ground between the baulk line and the end line of the opponents court and no part of the body of the raider is in contact with the ground between the mid line and the baulk line.

19. Pursuit

When an anti rushes the opponents court with cant and without breach of rules, with a view to put out the returning raider, it is called pursuit.

20. Bonus line

The line parallel to baulk line toward end line is known as bonus line. The distance of bonus line shall be 1 meter from the baulk line.

Note:

When a raider comes in contact with the ground between the end line and bonus line and leaves contact of ground between the midline and bonus line it is known as crossing the bonus line.

RULES OF PLAY

1. The side that wins the toss shall have the choice of the court or the raid and the loser side of the toss shall have the choice of the rest. In second half the courts shall be changed and the side which had not sent their raider first shall send their raider first. The game in the second half shall continue with the same number of players as it was at the end of first half.
2. A player shall be out if any part of his body touches the ground outside the boundary but during the struggles a player shall not be out if any part of his body touches directly the ground. (The portion of contact must be inside the boundary).
3. If any player goes out of the boundary during the course of play he shall be out. The umpire or referee shall try to take out such player at once. The umpire or referee shall declare such player out by shouting his number. No whistle shall be blown as the raid may continue.
- 3A. If any anti or antis who have gone out of bounds (as per rule 3) hold a raider, the raider shall be declared NOT OUT.
The anti or antis who have gone out of bounds only will be declared out.
4. 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 will be applicable only in antis court).
5. A raider shall keep the cant with kabaddi as the word for sounding. If he is not keeping the cant with kabaddi he shall be ordered back and warned to the

- team by the umpire / referee and the opponents be given chance to raid. Under such circumstances he shall not be pursued.
6. A raider must start his cant before he touches the opponents court. If he starts the cant late he shall be ordered back and warned to the team by the umpire or referee and the opponent be given chance to raid. Under such cases of late starting of the cant the opponents shall not be declared out even if the raider were to touch the anti or antis.
 7. After a raider has reached his court or is out in the opponents court, the opponents shall send their raider with in 5 seconds. Thus alternatively each side shall send their raider until the end of the play.
 8. If a raider who is caught by the anti or antis escapes from their attempt to hold him and reaches his court safety he shall not be pursued.
- Note:**
But if a raider merely touches the anti or antis and reaches back to his court safely he may be pursued.
9. Not more than one raider shall enter the opponents court at a time, if more than one raider enters the opponents court at a time, the umpire or referee shall order all of them to go back to their court and declare their turn of raid over and shall declare those antis who were touched by those raiders as not out. The opponents shall not pursue and put out those raiders.
 10. When a side sends more than one raider at a time a warning shall be given by the umpire or referee. In spite of the warning if the side continues to do so the umpire or referee shall declare all the raiders out except the first one. The umpire or referee shall order the raider to go back to the court and declare his turn of raid over.
 11. If a raider while in the opponents court loses his cant he shall be out.
 12. When a raider is held the antis shall not try deliberately to stifle his cant by shutting his mouth, using violent tackling heading to injuries, any type of scissors or use of any unfair means. If such incidents happen the umpire or referee shall declare the raid not out.
 13. No anti shall willfully push the raider out of the boundary by any part of his (antis) body nor shall any raider willfully 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 shall 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 he shall be declared out.
 14. As long as a raider has not reached his court no one of the antis shall touch the ground of the raider's court beyond the mid line with any part of his body. If he does he shall be out.
 15. If an anti or antis who are out having violated rule no. 14 holds a raider or have violated the said rule while holding or helping to hold the raider the raider shall be declared not out and the anti or antis who touched the raider's court shall be declared out.
 16. If a raider goes out of turn the umpire / referee shall order him to go back and warn to the team. Even after warning if the team does so a point shall be awarded to the opponent team.
 17. When a team manages to put out or the entire opponent team is out and no one of the opponents is entitled to be revived, they shall score a lona and two points for lona shall be awarded in addition to the points scored by putting out individual players. The play continues and all players who are out shall enter

- their courts within ten seconds, otherwise the umpire or referee shall award one point to the opponents and thereafter if the team does not enter the court the referee shall warn the team to enter their court. If the team fails to enter within one minute the team shall be scratched from the match and the match shall be awarded to the opponents.
18. If a raider is warned in any way or instructed by one of his own side the umpire or referee shall award one technical point to the opponents.
 19. A raider or an anti is not to be held any part of his body deliberately other than his limb or trunk. The one who violates the rule first shall be declared out. If the raider is held deliberately by other than his limbs or trunk, the umpire / referee shall declare such raider not out.

Note. If a raider is caught intentionally by his clothes or hair the raider shall be declared not out and the anti or antis who have violated the rule no. 19 shall be declared out.

20. When only one or two players of a 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 shall score as many points as there were players just before declaring, as well as two points for lona.
21. A player or players who are out shall be revived in the same order as they were out when one or more opponents are out.

RULES OF MATCHES

1. Each side shall consists of 12 players. Seven players shall take the ground at a time and the remaining 5 players shall be substitutes. If any player is suspended or disqualified from the match, there will be no substitution allowed for the particular player. The team shall play with less number of players.
2. The duration of time of a match shall be two halves of 15 minutes each with five minutes rest in the middle. The court shall be changed after interval.

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

3. Each side shall score one point for every opponent out or put out. The side which scores a lona shall score two points extra for the lona.
4. The side which scores the highest number of points at the end of the game shall be declared winners.
5. If there is a tie in knockout matches the match shall be decided on the following basis :
 - i. Both means should field seven players in the court.
 - ii. Both the teams should play the game on the baulk line.
 - iii. The baulk line shall be treated as baulk line cum bonus line and all the bonus points rules shall be followed.
 - iv. If a raider succeeds to cross the baulk line cum bonus line the raider will get one point.
 - v. After crossing the baulk line cum bonus line if the raider puts put one or more antis he will get as many points scored in addition to the point earned by crossing the baulk line cum bonus line.

- vi. The out or revival rule shall not be applicable, only points score will be counted.
- vii. Both the teams should give the names of 5 different raiders with their chest numbers as per their merit to the referee. Substitution of players shall not be allowed from the fielded seven players.
- viii. Each team shall be given 5 raids by different raiders to raid alternately.
- ix. The side which had sent their raider first at the time of beginning of the match shall send their raider first. There shall be no toss again.
- x. Even after five raids if there is a tie the game shall be decided as per the sudden death rule.

Sudden death rule

A chance shall be given to each side to send their raider alternately. Whichever side scores the leading point first shall be declared as winner of the match. The sudden death rule shall be continuously followed until any side scored the leading point.

6. Bonus line / point

- i. Bonus line should be drawn at a distance of one meter from the baulk line towards the end lines.
- ii. One point shall be awarded to the raider when he completely crosses the bonus line; if the raider is caught he shall be declared out and the opponents shall be awarded one point. One point will also be awarded to the raider for having crossed the bonus line first. In this situation the raider should be awarded first point.
- iii. The bonus line will be applicable when there are minimum six players in the court. The bonus point shall be awarded by the referee / umpire after the completion of raid by showing thumb upwards towards the side which scores.
- iv. There shall be no revival for bonus point.
- v. The bonus point shall be marked in the shape of a triangle (r) in the running score.
- vi. If the raider after crossing the bonus line reaches home safely touching one or more antis he will be awarded one bonus point in addition to the number of antis put out.

7. In the league system the side that wins will score two league points and loser will score zero point.

In case of a tie, both the sides will score one league point each. 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; the order of classification is as follows :

- a. The team which scores less than 25% of league points will not be considered for deciding the tie.
- b. Even after a tie highest score difference is to be considered.
- c. Even after the tie the total points scored for only counted.
- d. Even if there is a tie the result of the match played between the teams to be considered.
- e. Even if there is a tie the winner and runner will be decided on toss.

Note :

If any team gives a walk over or concedes the match against opponent team, that team will be scratched during the league matches and will not be counted for tie breaker. The same procedure will apply in case of debarred team.

8. If owing to failure of light, heavy rains or any such circumstances a match may not be completed, such a match shall be relayed. In case of temporary suspension of the match such match shall be continued.

Note :

The period of temporary suspension shall not exceed more than 20 minutes. The temporary suspension may be owing to failure of lights, heavy rains, interruption by outsiders, relining of the ground or any circumstances which the referee feels that the match may be temporarily suspended. During temporary suspension the players will not leave their respective courts without the permission of the referee. If a side violates this rule a bad point will be awarded to the opponents.

9. Each team shall be allowed to take 2 time outs of 30 seconds in each half. Such time outs may be called by the captain / coach of the team with the permission of the referee.
- a) During time out, the team shall not leave the ground, if violation is committed by the player /s or coach, a technical point shall be awarded to the opponent team.
 - b) Official time out : In the event of any injury to a player only the referee shall call such time outs; such period of time out should not exceed more than 2 minutes.
10. Five reserve players can be substituted with the permission of the Referee during time out period only. Substituted players can be resubstituted. (This rule is not applicable on out players). The team should play without suspended/debarred players; points shall be counted as per the rules of bonus point and lona.
11. A side shall start the match with seven players only.
12. If a match is replayed, the players need not be the same again.
13. Doping by players or officials shall not be allowed. Nails of the players must be closely clipped. All players must be distinctly numbered at their back with at least six inches long and in front four inches long numbers. The dress of a player shall be banyan and shorts with jangia or langot inside. Application of oil or any soft substances to the body or limbs shall not be allowed. No metal shall be worn. Canvas tennis shoes with plain rubber soles and socks may be used if and when necessary.
14. No player shall instruct in the course of play except the captain or the leader who may speak to his players in his own court only.

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