



Kabaddi

An invasion/tagging game believed to be more than 4,000 years old, played all over Asia with minor variations.

Age: 12+

Players: Two teams of seven players - a 'raiding' (attacking) team and an 'antis' (defending) team. Plus three reserves per team, who can be swapped in for a player at any time.

Pitch: 13m x 10m divided into two halves.

Time: Two 20-minute halves with a five-minute half time.

Rules: Each team occupies half of the playing area.

A raider attempts to cross into the antis' half to tag one of their players and return to his or her own half.

A raider takes a deep breath at the start of his or her turn and must hold this breath while attempting to tag an antis and return to his or her own playing space.

A raider is sent off if he or she takes a breath before returning to his or her own half or goes out of the playing area.

If an antis player is tagged they leave the playing space.

The remaining members of the antis team form a chain to attempt to stop the raider from returning to his or her own half.

If the chain breaks or the antis step out of the playing area they lose a player.

Players are only allowed back into play when their team has completed a successful raid.

The teams change over when all the antis or raiders are out.

Scoring

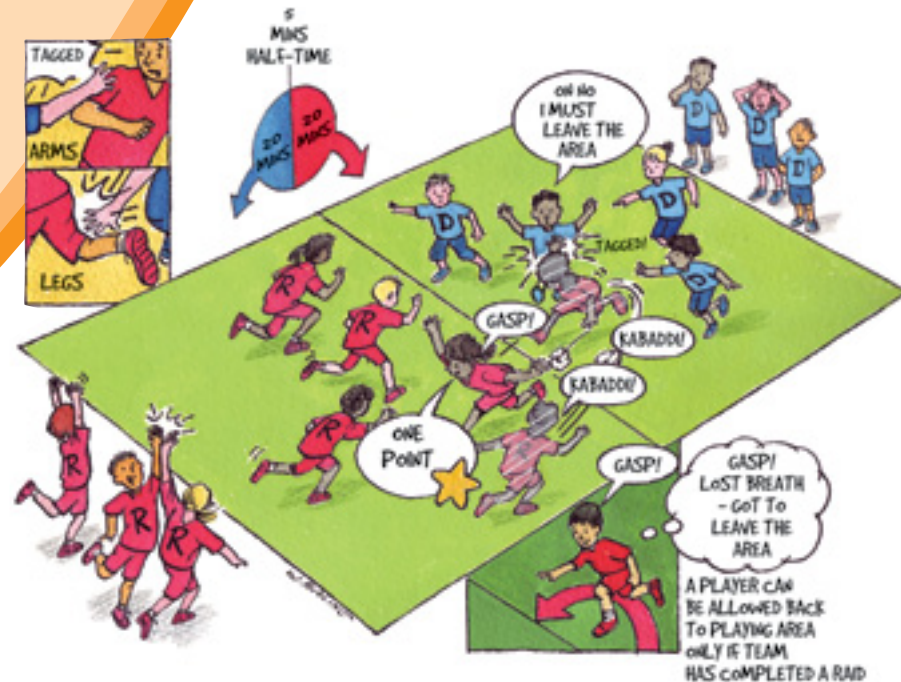
- If a raider makes a successful tag they score one point.
- If the antis team catches the raider before they return to their own half they score one point.
- An Iona (two points) is scored if all antis are declared out.
- The team with the most points at the end of the match is the winner.

Equipment

- A flat playing area clear of debris.

Safety

- Tag on the torso.



Adaptations and variations

Easier

- **S**pace: Increase the space.
- **T**ask: NA
- **E**quipment: NA
- **P**eople: NA

Skills developed

- Aiming
- Throwing
- Changing direction
- Coordination

This activity can be used as

- A warm-up
- A skill-development activity

Who could use this card?

- Teachers
- Young leaders
- Sports coaches
- Community leaders
- Parents



SOUTH ASIA

Kabaddi