



Arul Anandar College (Autonomous)  
Reaccredited by NAAC at "A" Grade  
Karumathur - 625514

**Circular**

**Dear and Respected HOD's**

We are going to conduct the inter departmental matches for 2023-24 from 03.01.24 onwards. In view of this, there will be a meeting for the department student secretaries and staff in-charge on 4.01.2024 (Thursday) at 1.00 pm in Diravium Arangam. Kindly permit them to attend the same without fail.

**Agenda:**

1. Tournament Date
2. Time & Duration
3. Fixtures Drawing
4. Rules & Regulation

*Dir. of Phy. Edu.*  
3-01-2024

*[Signature]*  
Dir. of Phy. Edu.

*[Signature]*  
Coordinator of Sports & Games  
Arul Anandar College  
Karumathur

Fr. Principal



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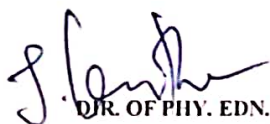
**Inter Departmental Tournaments**  
**Tentative Schedule 2023 - 24.**

**Women:**

S. No.	Name of the Games	Date
1.	Volleyball	10.01.24 to 11.01.24
2.	Kho Kho	12.02.24 to 13.02.24

**Men:**

S. No.	Name of the Games	Date
1.	Volleyball	08.01.24 -10.01.24
2.	Kabaddi	19.01.24 - 22.01.24
3.	Football	22.01.24 - 24.01.24
4.	Cricket	5.02.24 - 8.02.24

  
DR. OF PHY. EDN.

  
SPORTS & GAMES COORDINATOR

  
3-1-2024  
PRINCIPAL

  
SECRETARY

**ARUL ANANDAR COLLEGE (Autonomous)**  
**Inter - Departmental Tournament 2023 - 2024**

**Rules and Regulations:**

- Each team must submit entry form signed by the respective Head of the department before 30 minutes commencement of the match
- Registered players only admit to play throughout the match
- Teams that fail to report before 15 minutes of the commencement of the match will be disqualified.
- Players and staff in-charge uttering abusing words will be disqualified for that particular match.
- The Decisions of the referees, Director of Physical Education and Sports Coordinator are final.
- Players are asked to complete assigned match. If it fails you are not supposed to participate inter departmental tournament for 3 years.
- Only Balls, Helmet and Abdomen guard will be provided other necessary kit should be brought by the players.
- The Helmet and Abdomen guard should be returned to the physical director soon after the match.
- The total numbers of players for the games are as follows:

**Men:**

- Football – 18 players + 1 student secretary.
- Volley ball – 12 + 1 student secretary. (Rally Points). (3sets)
- Kabaddi – 12 + 1 student secretary.
- Cricket – 18 +1 student secretary.

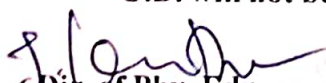
**Women:**

- Kabaddi 12 + 1 student secretary.
- Volley ball 12 + 1 student secretary.

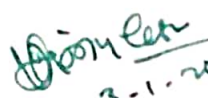
**Duration:**

- Football – 20 -5 -20 Final – 30 – 5 -30 Tie breaking - Penalty
- Kabaddi – 10- 2 -10 Final – 20 – 5 – 20 Tie breaking – sudden death
- Volleyball – Rally Points 3 sets
- Cricket - Up to semi-final 8 Overs & final – 15 overs

- Only first aid shall be given for the injured. You have to meet the rest of the medical expenses on your own.
- No protest is permitted.
- O.D. will not be given.

  
Dir. of Phy. Edu.

  
Sports & Games Coordinator

  
Principal  
3-1-2024



**Arul Anandar College (Autonomous)**

**Reaccredited by NAAC at "A" Grade**

**Karumathur – 625514**

**Inter Departmental Tournament 2022 – 23**

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**Entry Form**

**Name of the Department:**

**Game:**

S.No	Name of the Students	Roll Number
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		
16.		
17.		
18.		

**Student Secretary:**

**Staff in Charge**

**HOD**

## **CRICKET**

It is a universal sport popularized since its 'first innings' in the 16th century. It is played between two teams of 11 players each. This is done by hitting the ball across the boundary or by running between wickets. The pitch is 22 yards long. There are three pairs of stumps on both the ends of the pitch. The team that wins the toss chooses either to bat first or bowl first.

### **GENERAL RULES :**

- T-20 Cricket– It's a limited overs match format. In T-20 format, there are 20 overs for one team.
- The umpire takes all decisions in cricket; there are three umpires in cricket
- First umpire– who stands nearby stumps.
- Second umpire– who stands nearby batsman inside the circle ground.

### **General Rules and Regulations of Cricket:**

- One team bats first while the other team carries out the fielding tactics.
- An over occurs when a bowler bowls 6 legal deliveries (overarm technique) from one wicket end. The batsmen attempt to hit the ball from the crease at the other end.
- Fielding teams must have one designated wicket keeper. Cricket regulations say he can be the only fielder allowed to wear pads and gloves.
- If the ball hits the batsman's stumps after bowling, or if a fielding player catches the ball after the batter plays it, the batter gets ruled out of the game.
- Teams switch roles after the batting team loses all their wickets or the allotted time expires.

### **Types of Wicket: Reasons for a batsman to get given 'out':**

- Bowled: The ball hitting their stumps.
- Caught: A fielder catches the ball without it bouncing.
- Leg before Wicket: The ball hits the batsmen's pads impeding its line into the stumps.
- Stumped: The wicket keeper strikes the stumps with their gloves while the batsmen is outside of their crease with ball in hand.
- Hit Wicket: The batsmen hit their own wicket.
- Handled Ball: The batsmen handle the cricket ball on purpose.
- Timed Out: The player fails to reach the crease within 30 seconds of the previous batsmen leaving the field.
- Hit Ball Twice: Batsmen hit the cricket ball twice with their bat.
- Obstruction: The batsmen purposely prevent the fielder from getting the ball.
- Overthrow: We also get runs by overthrow in Cricket.

### **Inter Departmental Rules and Regulations:**

- Basic cricket rules above mentioned should be followed except LBW
- Upto Semifinal final will be 8 overs per team (max 2 over for one bowler)
- Final will be 15 Overs per team (max 3 overs for 1 bowler) – Power play will be provided
- In case of weather condition overs can be reduced at any cause.
- In case of delay the overs will be reduced.
- If the situation demands, the umpire & Organizing Secretary (Director of Physical Education & Sports & Games Coordinator) have rights to stop the innings.
- In case of the match tied super over (1over) will be followed.
- The match will be conducted only in the coir mat.
- Only Helmet and Abdomen guard will be issued other necessary kit should be brought by cricket the players.
- The Helmet and Abdomen guard should be returned to the physical director soon after the match.
- Secretary & Captains of the department is responsible for the Helmet and Abdomen guard
- Only first aid will be provided to the injured.
- O.D. will not be given.

### **Discipline :**

- Arguments with the umpire are strictly prohibited.
- Kindly respect the ground rules. (Slippers, dhotis, jeans, ornaments).
- Removal of Jersey (on & off match) inside the ground is violation of our college. Therefore, the team will be disqualified if it is found guilty.
- The decision of the umpire is final.
- If the situation demands, the PD, the organizer or the coordinator for sports and games or both, will intervene for the smooth functioning of the match.



# **ARUL ANANDAR COLLEGE (AUTONOMOUS)**

NAAC Reaccredited at 'A' Grade with a CGPA of 3.66

(DST - FIST Sponsored College)

Karumathur, Madurai - 625514

## **Inter Departmental Volleyball Tournament**

### **Basic Rules and Regulations:**

- There are two teams in the volleyball match consisting of 6 players in each team.
- The score of the volleyball game is counted in points.
- A point is scored in volleyball game when:-
  - Ball land in opponent's court.
  - The opponent team commits a fault.
- If any team make any action that is against the rules of the game. Then the fault is judged by the referee.
- If a server team wins a rally it server again.
- If a team wins a rally that is not serving, now it must have to serve.
- Referee decision is final.

### **Rally and Winning Rules:**

- There are 3 sets in each match.
- A set ends when any team scores 25 points with the lead of 2 points if there is the situation where both team on 24 points the set is played until the lead of two points.
- The match is won by the team which won the 2 set out of 3 sets.
- If there is a situation where both teams on 1-1 set points they will play 15 points in decider.
- The rally is a continuous process of playing action that ends with a successful point scored by any team or until the ball are out of play.

### **Rules on serving:**

- Before making any service the referee must authorize the service after taking in considerations that both teams are ready to play.
- When referee whistle for making a service it must require making service within the 8 seconds of the whistle.
- Rotation order will not be followed.
- Every player should serve a service in each set.

### **Inter Departmental Rules and Regulations**

- Basic volleyball rules above mentioned should be followed
- Best of 3 sets will be followed
- If the situation demands, the referee & Organizing Secretary (Director of Physical Education & Sports & Games Coordinator) have rights to stop the innings.
- Only first aid will be provided to the injured.
- O.D. will not be given.

### **Discipline**

- Arguments with the referee are strictly prohibited.
- Kindly respect the ground rules. (Slippers, dhotis, jeans, ornaments).
- Removal of Jersey (on & off match) inside the ground is violation of our college. Therefore, the team will be disqualified if it is found guilty.
- The decision of the referee is final.
- If the situation demands, the PD, the organizer or the coordinator for sports and games or both, will intervene for the smooth functioning of the match.



## **KHO KHO (Rules & Regulation for Inter Departmental Tournament only)**

Kho Kho is a popular tag and ancient game invented in Pune, Maharashtra, India. It is played by teams of 12 nominated players out of fifteen, of which nine enter the field who sit on their knees (opponent team), and 3 extra (defending team) who try to avoid being touched by members of the opposing team. It is one of the two most popular traditional tag games in the Indian subcontinent, the other being Kabaddi. Apart from the Indian subcontinent, it is also played by the Indian community in South Africa. Kho-kho is a traditional Indian sport, a form of tag that is one of the oldest forms of outdoor sport dating back to prehistoric India. It is played most often by school children in India and is a competitive game.

### **BASIC RULES AND REGULATIONS:**

- The running or chasing side is decided by the toss.
- A team consists of 12 players in which two teams of 9 playing members play against each other alternately in four turns or quarters of 9 minute each.
- 'Chaser' team takes a sitting position in the cross lanes with opposite back in 8 squares and one player stands near the pole.
- Runner team sends players for running. While other runners will wait for their turn in entry zone area
- Chaser team attempts to catch the running players while passing on Kho from one player to another.
- Chaser player can only move in one direction without crossing the central lane
- The points are awarded by the legal touch of chaser player to the running players
- An additional inning shall be played in case of equal points where time is compared to make 1 player out.

### **SKILLS OF KHO-KHO:**

- Chasing skills: while chasing, Kho should be given in loud voice. while calling Kho , the player should be touched.
- Turning at pole: The turning around the pole is performed on one hand and the other free hand is used for touching a runner.
- Chasing: chaser moves in the direction of the cross line and tries to come nearer to a runner.
- Diving: when the chaser feels that the runner is in his approach, a dive is taken.

### **RUNNING SKILLS:**

- Running: it requires endurance and speed.
- Dodging: it is the most important skill used in running. Dodging is given by jerky movement of the body.
- Terminology
- Chaser: The sitting team who tries to touch the opponent team members who are running chaser sit-in square over cross lines with an alternative back.
- Runner: The players of opposing team who save themselves from being touched by the chaser
- Cross lane: The parallel lanes cutting center lane at the middle of the playfield.
- Central lane: Two parallel lines from one pole to other.
- Kho: The word Kho is spoken by one chaser to another.
- Late-Kho: when active chaser delays in the touch for giving Kho to another.
- Line-cut: When chaser cuts the square line cross lanes or center lane during chasing opponent.
- Changing the direction: When active chaser goes in the wrong direction against rules.

- Early getup: When the sitting chased gets up before proper getting Kho.
- Square: square shaped area by the cutting of center lane and cross lane used for sitting of chase.
- Minus-Kho: A violation of directional fault in which the chased cannot make the running player out unless Kho is passed back to two teammates or touch to a pole.
- Lobby: The free space area around the play field.
- Free zone: The area by the sides of pole lines in which the direction rule is not followed and a runner can move in any direction.
- Pole: A specially made wooden cylindrical structure, firmly erected up at the sides of playfield.

### **INTER DEPARTMENTAL RULES AND REGULATIONS:**

- All the Basic kho kho rules above mentioned should be followed
- Games before semifinals will have 7 min and the final will have 9 min.
- In case of weather condition timing can be reduced at any cause.
- In case of delay the timing will be reduced.
- If the situation demands, the umpire & Organizing Secretary (Director of Physical Education & Sports & Games Coordinator) have rights to stop the match.
- In case of the match tied golden raid will be followed.
- Only first aid will be provided to the injured.
- O.D. will not be given.

### **DISCIPLINE:**

- Arguments with the umpire are strictly prohibited.
- Kindly respect the ground rules. (Dhotis, jeans, ornaments shall not allow).
- Nails of the players must be closely cut.
- Removal of Jersey (on & off match) inside the ground is violation of our college. Therefore, the team will be disqualified if it is found guilty.
- The decision of the umpire is final.

If the situation demands, the PD, the organizer or the coordinator for sports and games or both, will intervene for the smooth functioning of the match.

# **FOOTBALL**

## **(Rules & Regulation for Inter Departmental Tournament only)**

Football in its current form arose in England in the middle of the 19th century. It is played between two teams of 11 players each. This is done by kicking the ball into two sides of the goal post. The length of the field is 90 to 120 mts and width of the field is 45 to 90mts. The team that wins the toss chooses either to side or kick first.

### **9 Major Football Offenses**

- Kicking (or trying to kick) an opponent
- Tripping an opponent
- Jumping at an opponent
- Charging an opponent in particularly dangerous or violent way
- Charging an opponent from behind in a violent way
- Striking or attempting to strike an opponent
- Holding an opponent
- Pushing an opponent
- Touching the ball with your hands (handling the ball)

### **Other Offenses**

- These offenses will result in an indirect free kick being awarded to the other team
- Dangerous play
- Charging an opponent cleanly, but with no intention of playing the ball
- Interference or Obstruction
- Charging the goalkeeper
- Goalkeeper not releasing the ball into play correctly
- Time wasting or delay of game by the goalkeeper
- Goalkeeper using his hands to play the ball after its been kicked to him by a teammate
- Offside

### **Misconduct**

- Committing any of the following will result in a yellow card and indirect free kick:
  - You must have the referees permission to either enter or exit the field of play
  - Showing dissent with the referee, either verbally or through your actions
  - "Ungentlemanly" or unsportsmanlike conduct
  - Continuously breaking the other rules

### **Red cards will be shown when a player**

- Commits a particularly violent or serious foul
- Uses foul language (either against your opponent or your own team and officials also)
- Receives a second yellow card

### **Inter Departmental Rules and Regulations**

- Basic football rules above mentioned should be followed
- First to semifinals will have 20 – 5 – 20 min and the final will have 30 - 5 – 30 min.
- In case of weather condition timings can be reduced at any cause.
- In case of delay the timings will be reduced.
- In case of absent players will not be allowed to participate in the matches
- If the situation demands, the referee & Organizing Secretary (Director of Physical Education & Sports & Games Coordinator) have rights to stop the match.
- In case of the match tied penalty will be followed.
- Only first aid will be provided to the injured players.
- O.D. will not be given.

### **Discipline**

- Arguments with the referee are strictly prohibited.
- Kindly respect the ground rules. (Slippers, dhotis, jeans, ornaments).
- Removal of Jersey (on & off match) inside the ground is violation of our college. Therefore, the team will be disqualified if it is found guilty.
- The decision of the referee is final.
- If the situation demands, the PD, the organizer or the coordinator for sports and games or both, will intervene for the smooth functioning of the match.

## Kabaddi (Rules & Regulation for Inter Departmental Tournament only)

Kabaddi is a popular, easy-to-learn team contact sport with its roots in the millennia-old history of ancient India and South Asia. Each team must have a minimum of 10 (ten) Players and a maximum of 12 (twelve) Players in its match-day playing squad. 7 (seven) Players shall take the ground at a time and the remaining 3 (three) to 5 (five) Players shall be substitutes. It is played between two teams of 7 players each. Players from each team take turns running across the center line to the other team's half of the court, tagging members of the other team, and running back. The more opposing team members they tag, the more points they score, but if the opposing team can physically prevent them from crossing back to their side of the court, they score no points.

### Kabaddi Court:

- **Boundary lines:** The lines at the edge of the 13 meter x 10 meter court.
- **Play area lines:** These lines mark a 13 meter x 8 meter rectangular area inside the court - one meter of space separates each side from the 10 meter boundary lines above.
- **Mid line:** This line divides the court into two 6.5 meters x 8 meter halves. Each team's "territory" is the play area on its side of the mid line.
- **Baulk lines:** These lines run parallel to the mid line and are 3.75 meters.
- **Bonus lines:** These lines run parallel to the baulk lines and are 1 meter.

### General Rules:

1. Raider means the player that enters into the opponents' half court with the cant. The raider must begin his cant before he crosses the mid line to enter the opponents' half court.
2. Defender means any player who is in his half court when the raider from the opponents' side is raiding.
3. Losing the cant means stopping or a break in the cant by a raider. A cant must be continuous and loud sounding.
4. To put out a defender means the defender being declared out when a raider touches the defender without any breach in rules of play, or if any part of the body of the defender touches any part of the raider, and then the raider touches his court with the cant.
5. To hold a Raider means if the defender or defenders hold the raider without any breach in the 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.
6. To reach court safely means if the raider touches his court with any part of the body through the midline without any breach in rules of play with cant.
7. Touch means if the raider touches any one or more defender by any part of his body including the defenders clothing, shoes and any other apparel he may be wearing.
8. Struggle means when one of more defenders come into contact with the raider. After touch or struggle, the lobbies are activated and included as part of the court.
9. Raid means
  - a. When the raider enters the court of opponent with cant
  - b. Each raid is restricted to 30 seconds (in both the halves). The clocks will be set / reset as raider crosses the center line or when the raid is over.
  - c. The clocks will be stopped when:

- i. Raider crosses center line on returning to his court
- ii. Raider exits the arena after being declared 'OUT', or goes out of bounds and is declared out.

10. Empty Raid means when the raider crosses the Baulk line of the defending team at least once during the course of a raid and returns to his court with cant without scoring any points.

. Note - In case the Raider touches one or more defenders or a defender touches the raider before the raider crosses the baulk line during the raid, the raider need not cross the Baulk line but must return to his court with the cant.

Note - Baulk line is said to be crossed when any part of the body of the raider is in contact with the ground between the Baulk line and the End line of the opponent's court and no other part of the raiders' body is in contact with the ground between the baulk line and the mid line.

11. Pursuit means when a defender rushes into the opponent's court with cant, and without any breach in rules of play, chasing the returning raider with a view to touch.

12. Super Tackle means when the raider is successfully tackled by 3 defenders or less.

The defending team gets 1 additional bonus point which is called Super Tackle point.

The bonus point is in addition to the normal point scored for putting the raider out (total points for defending team will be 2).

1. The team that wins the toss shall have the choice of the court, or the raid, and the team that loses the toss shall have the remaining choice. In the second half, the court shall be changed and the team, which did not opt for raid 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 the first half.
2. A player shall be declared out if any part of his body touches outside the court (outside any end line). During struggle, a player shall be declared out only if his entire body is out of the court, and no part of his body is in contact with the court, including the lobby area.
  - a. If any player goes out of the end line during the course of play, he shall be declared out. The Umpire or Referee will ensure that the out player is no longer active during the raid. The Umpire or Referee shall declare such players out by calling out the numbers. No whistle shall be blown and raid will continue.
  - b. If one or more defenders who have gone out of bounds hold the raider, the raider shall be declared **NOT OUT**. Only the defenders who have gone out of bounds will be declared out.
3. When the struggle begins, the court shall include the lobbies during the struggle and after the struggle in the same raid. The players involved in the struggle can use the lobbies to enter their respective side of the court. This rule will only be applicable in the defending teams' side of half court.
4. A raider shall continue to chant "KABADDI" as the approved cant. If he is not keeping the proper approved cant in the opponent's court, he shall be declared out and the opponent will be awarded one point and the chance to raid. Under such circumstances, he shall not be pursued.
5. A raider must start his cant before he touches the opponent's side of the half court. If he starts the cant late, he shall be declared out by the Umpire or Referee and the opponent will be awarded one point and the chance to raid.
6. If a raider goes out of turn, the Umpire or Referee shall order him to go back and a technical point will be given to opponent team and the chance to raid.
7. Not more than one raider shall 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 shall order all to go back to their court and a technical point will be awarded to the opponent and the chance to raid.

8. After a raider has reached his court, the opponents shall send their raider within 5 seconds. Each side shall continue to send their raider until the end of the game in this fashion. In case the raider fails to start his raid within 5 seconds the team loses its chance to raid and the opponent team is awarded a technical point.
9. When a struggle takes place in a raid, on completion of such raid, will not be applicable. The next raid will start on the whistle of the referee after the out players have been seated in the out box.
10. If a raider, who is caught by one or more defenders, escapes from their attempt to hold and reaches his court safely, he shall not be pursued.
11. If a raider, while in the opponent's court loses his cant, he shall be declared out and the opponent team will be awarded one point and the chance to raid.
12. When a raider is held, the defenders shall 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 an incident happens, the Umpire or Referee shall declare the raider **NOT OUT**.
13. No defender shall willfully push the raider out of the boundary by any part of his body, nor shall any raider willfully push or pull a defender out of the boundary. If the raider is pushed outside the boundary or the defender is pushed or pulled outside the boundary, the Umpire or Referee shall declare the raider or the defender, as the case may be, **NOT OUT**, and the defender or the raider who pushes or pulls the opponents outside the boundary will be declared **OUT**.
14. During the course of raid none of the defenders shall touch the raider's court until completion of the raid. In case one or more defender touches the raiders' court before completion of the raid they will be declared out and the opponent team will be given that many points.
15. If one or more defenders' who are out, having violated , holds a raider or violates the said rule while holding or helping to hold the raider, the raider shall be declared **NOT OUT** and defenders who touch the raiders' court shall be declared **OUT**.
16. When a team manages to put out the entire opponent team and none of the opponents are entitled to be revived, then that team scores an **ALL-OUT** and two extra points for **ALL-OUT** are awarded in addition to the points scored by the team putting out all the players of the opponent. The play continues and all the players who are out shall enter in their court within 10 Seconds. Otherwise the referee or umpire shall award one technical point to the opponent. If a team fails to enter the court within one minute of the **ALL-OUT**, then the Referee or Umpire shall award the match to the opponent team.
17. If a raider is warned or in any way instructed by one of his own side during a raid, the Umpire or Referee shall award one technical point to the opponent.
18. 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 shall be declared **OUT**. If the raider is held deliberately other than his limb or trunk, the Umpire or Referee shall declare such raider **NOT OUT**.  
**Note:** If a raider is caught by his clothes or hair the raider shall be declared **NOT OUT** and the defenders who have violated the Rule shall be declared **OUT**.
19. When 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 opponent shall score as many points as the players that existed in the court at the time of declaration as well as **Two Extra Points for ALL-OUT**.
20. Player or players who are out shall be revived in the same order as they were out.
21. If a raider does not score any point or lose any point during the raid, the raid will be treated as an empty raid for his team. In case a team makes three such consecutive empty raids, the raider of the third empty raid shall be declared out and the opponent team shall be awarded a point along with one of their player being revived.

### **Duration of the match**

The duration of the match shall be a minimum of 40 minutes divided equally in two halves of 20 minutes each along with 5 minutes interval between halves. The teams will change sides after the interval. The number of players for each team at the start of second half shall remain the same as it was at the end of first half.

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

### **System of scoring**

- a. Each team shall score one point for every opponent out or put out. The side, which scores an ALL-OUT, shall score two extra points. The out and revival rule will be applicable.
- b. Each team shall score one point for every bonus point awarded.
- c. If the raider is caught when there are only 3 defenders or less, the defending team gets an additional bonus point. The total points awarded in such an instance are 2.

### **Time Out**

- a. Each Team shall be allowed to take One “Time Out” of 90 Seconds each per match. Such time out shall be called for by the Captain, Coach or any playing member of the team with the permission of referee. During the time out, the Match clock will be paused and will restart on the commencement of the next raid which has to start on the blow of the whistle by the referee / umpire.
- b. During time out the teams shall not leave the ground. In case of any violation a technical point shall 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. Match clock will be paused and will restart on the commencement of the next raid which has to start on the blow of the whistle by the referee / Umpire.

### **Substitution**

- a. Each team is allowed a maximum number of 5 substitutions per match with the permission of referee.
- b. Substituted Players can be re-substituted by utilizing one of the remaining substitute chances out of the total 5 number of substitutions allowed in a match.
- 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.
- d. Substitution is not allowed for players who are out.
- e. Match clock will be officially stopped for this duration, which should not exceed 10 seconds. The exchange must take place just after a raider returns to his court, or during any other stoppage in play. All substitutions to be recorded by the official scorers and informed to the commentators.
- f. In case a team has utilized all its 5 substitutes, and in the immediate raid after the final substitution, one of its players suffers an injury, in such an instance referee may choose to allow a substitute. However, the injured player will not be allowed to return and play in the remainder of the match.

### **Tie in Knock Out**

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

1. Both the teams should field 7 Players in the Court.
2. Both teams should play the game on the baulk line.
3. The baulk line shall be treated, as Baulk Line Cum Bonus Line and all the Bonus point rules shall be followed.



4. If the raider succeeds in crossing the baulk line cum bonus line he will get one point.
5. After crossing the Baulk line cum Bonus line, if the raider puts out one or more antis, he will get the number of points scored in addition to the one point scored by crossing the baulk line cum bonus line.
6. The out or revival rule shall not be applicable, only points scored will be counted.
7. Both the teams should give the names of the five different Raiders with their Chest Numbers as per their order of raid to the referee. Substitution of players shall not be allowed from the fielded seven Players.
8. Each team shall be given 5 Raids by different raiders to raid alternately.
9. In case any raider in the given list of 5 raiders is injured before his chance of raid, in such cases, one of the remaining 2 players out of the seven in the field can do the raid.
10. The side, which raids first at the beginning of the match, shall be allowed to raid first
11. Even after 5 Raids, if there is a tie, the game will be decided as per the Golden Raid Rule. N.B: If player/players are suspended temporarily or disqualified during the Tiebreaker, the team will play with less number of players. Such players shall be counted to award Bonus point.

#### **GOLDEN RAID:**

- Even after 5-5 raids, if there is a tie, a fresh toss will be taken and the team that wins the toss shall 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 shall be declared as Winner.

#### **WARNINGS**

The goal of defenders in Kabaddi is to capture the raider — not hurt him. Deliberately rough play is grounds for ejection from the game and/or suspension.

#### **INTER DEPARTMENTAL RULES AND REGULATIONS:**

- All the Basic kabaddi rules above mentioned should be followed
- Games up to semifinals will have 10-5-10 min and the final will have 20-5-20 min.
- In case of weather condition timing can be reduced at any cause.
- In case of delay the timing will be reduced.
- If the situation demands, the umpire & Organizing Secretary (Director of Physical Education & Sports & Games Coordinator) have rights to stop the match.
- In case of the match tied golden raid will be followed.
- Only first aid will be provided to the injured.
- O.D. will not be given.

**DISCIPLINE:**

- **Arguments with the umpire are strictly prohibited.**
- **Kindly respect the ground rules. (Dhotis, jeans, ornaments shall not allow).**
- **Nails of the players must be closely cut.**
- **Application of oils or any other soft substances to the body shall not be allowed.**
- **Removal of Jersey (on & off match) inside the ground is violation of our college.**
- **Therefore, the team will be disqualified if it is found guilty.**
- **The decision of the umpire is final.**
- **If the situation demands, the PD, the organizer or the coordinator for sports and games or both, will intervene for the smooth functioning of the match.**

