

# Pro Kabaddi - An innovative step towards putting Kabaddi back on track

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**Abstract:** Pro kabaddi is the spark which is basically fuelled to remove the darkness over this game of speed and strength. This is the platform for the youngsters especially from rural areas where they can show their potential and also put this game to new heights. Kabaddi is a team sport, which requires both skill and power, and combines the characteristics of wrestling and rugby. It was originally meant to develop self defence, in addition to responses to attack, and reflexes of counter attack by individuals, and by groups or teams. This is one of the simple and inexpensive games which neither demands for a massive playing area nor any costly equipment which can't be afforded.

**Keywords:** Kabaddi, teams, India, celebrities.

## INTRODUCTION

The Pro Kabaddi League (PKL) is a professional kabaddi league in India, based on the format of the Indian Premier League and the main moto of this league is to brought out the hidden talent from every corner of India. This initiative and the unique effort from Indian kabaddi Federation towards our indigenous sport of kabaddi will definitely enhance the standard as well as levels of professionalism. This will benefit all stakeholders involved in the ecosystem of the game, Kabaddi, most of all, the players themselves, who will become the new role models for the youth of India. The first edition of the tournament started on 26 July 2014 with eight teams consisting of players from around the world. The first champion of the tournament was Jaipur Pink Panthers. The other teams in the competition were U Mumba based at Mumbai, Bengaluru Bulls based at Bengaluru, Delhi Dabhangs based at Delhi, Puneri Paltans based at Pune, Telugu Titans based at Vizag\Visakhapatnam, Bengal Warriors based at Kolkata and Patna Pirates based at Patna. The Pro Kabaddi League uses the National Kabaddi style. On completion of the tournament the federation announced that from next year onwards they are going to start Women Pro Kabaddi League which will not only motivate them but also boost up them to excel in their fields.



## THE GAME AND ITS RULES

The 21st Century has augured well for the indigenous game of India i.e, Kabaddi. Ever since Kabaddi was established as a priority sports discipline in the XI Beijing Asian Games in 1990, there has been a steady improvement in the progress of this indigenous sport at the International level. The inclusion of Kabaddi as a priority discipline for the first time in the 2nd Asian Indoor Games at Macau (SAR-China) became a landmark in the history of Kabaddi. This gave a golden opportunity to show case Kabaddi to the South East Asian countries and will remain as an epoch making event in the sports history of Asia, especially South East Asia.

It is noteworthy that it was China where Kabaddi was first included as a discipline in the 1990 Beijing Asian Games and 16 years later, China gave another opportunity to Kabaddi to make its debut in the Asian Indoor Games. This is a major stepping stone in the history of Kabaddi. Efforts to get Kabaddi included in the Asian Beach Games held in Indonesia in 2008 proved successful, giving a further fillip to the game.

This becomes imperative on our part to express deep gratitude and sincere thanks to Mr. Sheikh Ahmad Al-Fahad Al-Sabah, President, Olympic Council of Asia, for his continuous support to this wonderful game of Kabaddi on behalf of the Kabaddi World. Mr. Randhir Singh Secretary General of Olympic Council of Asia also contributed to the development of the Kabaddi and he always made himself present on the ground to boost the morale of the players. The rise of Kabaddi was not possible without the support which was being extended by the Indian Olympic Association.

Development is a never ending process and we will appreciate the suggestions to improve upon the techniques of game. As all of us are aware of the fact that Pro kabaddi is the advance format of the game of kabaddi. The speed, the techniques, the strategies used in this format are definitely going to raise the standards of this game. In Kabaddi, two teams compete with each other for higher scores, by touching or capturing the players of the opponent team. Each team consists of twelve players, of which seven are on court at a time, and five in reserve. The two teams fight for higher scores, alternating defence and offense. The game is played on both types of grounds i.e, one made from sand and other from mat but as far as Pro-kabaddi is concerned this is played on mat. The dimensions of the ground in this format are same as in case of national level irrespective of men and women. The game consists of two 20 minute halves, with a break of five minutes for change of sides.

The kabaddi playing area is 12.50m x 10m, divided by a line into two halves. The side winning the toss sends a 'raider', who enters the opponents' court chanting, 'kabaddi-kabaddi'. The raider's aim is to touch any or all players on the opposing side, and return to his court in one breathe. The person, whom the raider touches, will then be out. The aim of the opposing team, will be to hold the raider, and stop him from returning to his own court, until he takes another breath. If the raider cannot return to his court in the same breath while chanting 'kabaddi', he will be declared out. Each team alternates in sending a player into the opponents' court. If a player goes out of the boundary line during the course of the play, or if any part of his body touches the ground outside the boundary, he will be out, except during a struggle.



**Figure: Kabaddi Courts**

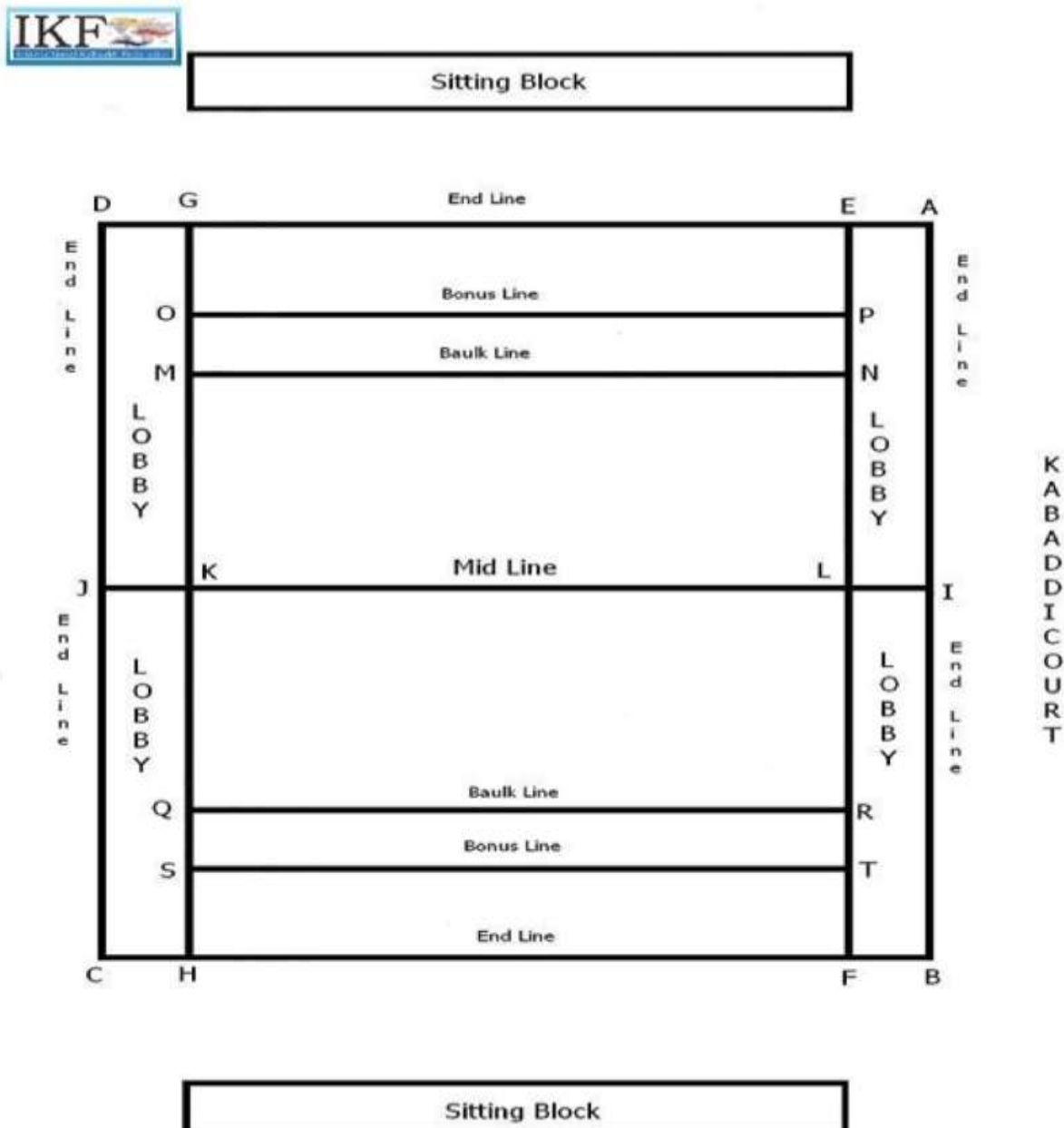


Figure: Outline of a Kabaddi Court

#### RULES:

1. Team: Each team shall consist of 12 Players and one official. 7 Players shall take the ground at a time and the remaining 5 Reserves shall be substitutes.
2. Duration of the match: The duration of the time of the match shall be two halves of 20 minutes with a 5 Minutes interval.

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.

3. Productive Raid: The raid will be considered as productive raid when the raider scores point/points/ technical point/self out/ being caught. Even in case an anti or antis becomes self out, the raid shall be considered to be over and the raider's side shall be awarded a point. If the raider returns safely without scoring or productive raid to his court, the opponent team will be awarded a point. If a raid is more than 30 seconds, the opponent team shall be awarded a point.
4. Time Out:
  - a) Each team shall be allowed to take "Two Time Outs" of 30 seconds each in each half; such time out shall be called for by the Captain or Coach 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 shall not leave the ground, any violation in this; 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, relining of the ground or any such unforeseen circumstances. Such time out time will be added to the match time.
5. Substitution:
  - a) Out of five 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.
6. Result: The team which scores the highest number of points at the end of the match shall be declared the winner.
7. Nails of the players must be closely clipped and no ornaments of any sort shall be allowed.
8. Application of oils or any other soft substances to the body shall not be allowed.
9. Players should strictly adhere to the dress code of the game.

#### **Gross violations & Foul**

The referee and the umpires shall 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 and 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 10 Seconds to start the raid.
- g. Coaching from outside by the coaches and the players.
- h. Preventing the raider to take his turn of raid.



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

- a. Green Card: If green card is shown to a player/ coach/ manager/team twice, then the next card shall 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 shall be directly Red Card.
- c. Red Card: Suspension from the match or debarred from the Tournament

### **TEAMS**

There were total eight teams in first edition of Pro Kabaddi League (PKL).

<u>TEAM</u>	<u>CAPTAIN</u>
1. Bengal Warriors	Nilesh Shinde
2. Bengaluru Bulls	Manjit Chillar
3. Dabang Delhi	Jasmer Singh
4. Jaipur Pink Panthers	Navneet Gautam
5. Patna Pirates	Rakesh Kumar
6. Puneri Paltan	Wazir Singh
7. Telugu Titans	Rajaguru Subramanian
8. U Mumba	Anup Kumar

### **Pro Kabaddi and Celebrities**

India's indigenous sport "Kabaddi" is becoming very popular among students from school, colleges and universities irrespective of villages, cities and states. Earlier Kabaddi was only played in far flung villages in India but just because of this format it has reached the heart of the cities and became a revolution in recent times. Such was the impact of the revolution that school kids in the city have taken interest to it and are now seen playing the sport during their school breaks. This new format of the game, Pro Kabaddi, has put this game parallel to other renowned games like cricket, football, hockey etc. Now a days so many clubs or you can say every club has started Kabaddi coaching where the interest shown by the youngsters in learning the basics and new techniques of the game seems really amazing. Players especially from rural areas are really outstanding in this game as this is the game of power, strength and speed and the most important thing that this is one of the cheapest games to play as it does not need any costly equipment which can't be afforded. The only thing you need is a playing kit and the calibre to beat the opponents.

The ProKabaddi got a push from celebrities, head honchos of India, team owners and sports personalities alike there by taking this sport global. Most of the team owners are either celebrities or businessman. So they played a great role in taking this game again on track. There were various moments during the match which were shared and talked about during the league. The sports also saw a remarkable push by most celebrities and the team owners.

It started with a star studded opening for Pro Kabaddi with the likes of Amitabh Bachchan, Shah Rukh Khan, Aamir Khan, Sachin Tendulkar, Bipasha Basu, Aishwariya Rai, Anupam Kher, Vijender Singh and Shankar Mahadevan making their presence felt and cheering their favourites. Later on personalities from every fields let it be politics, sports, bollywood, acting and so on enjoyed and supported the game.



**Figure : Celebrities supporting Pro Kabaddi**

### **Conclusions**

The Pro Kabaddi League also envisages the following conclusions:

- a) Bringing Kabaddi up to the levels of other popular sports through wide spread advertisement and electronic media coverage.
- b) This will attract the attention of big business houses and the corporate sector to advertise their product through Kabaddi.
- c) This will also serve the purpose of employment generation to young and talented Kabaddi players, who will take up Kabaddi as a professional sport.
- d) To generate funds for the development of Kabaddi which will help attract vast number of talented players.
- e) To promote Kabaddi and bring it to the limelight, especially to the urban population as a modern & popular sporting event.
- f) To increase the number of competitions and infrastructure.
- g) To improve grounds standard as well as no. of Indoor stadiums.
- h) Indian players get exposure to international standards of game.
- i) Indian youngsters will evince keen interest in sports like any other professional courses
- j) Parents will not hesitate any more if the children opt for sports as an optional career.
- k) The games and the TV coverage will generate revenue for the country.
- l) The economic standards of the good players will be boosted.
- m) Indian players will get used to fearless attitude and play freely.
- n) The entertainment value of the game (direct and through Live coverage) will increase and motivate the youngsters.
- o) Unearthing of hidden and remote area talents will be encouraged.
- p) International games experience at home will be another distinct advantage gained.
- q) Will fillip the sports journalism in the country.

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