EuroKabaddi

The Official Kabaddi (Rectangle Matted) 7v7 Rule Book

["Rules"]

v1.5 - 16 Jan 2026

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1. Terms & Definitions

Visual representation of 7v7 matted Kabaddi Pitch

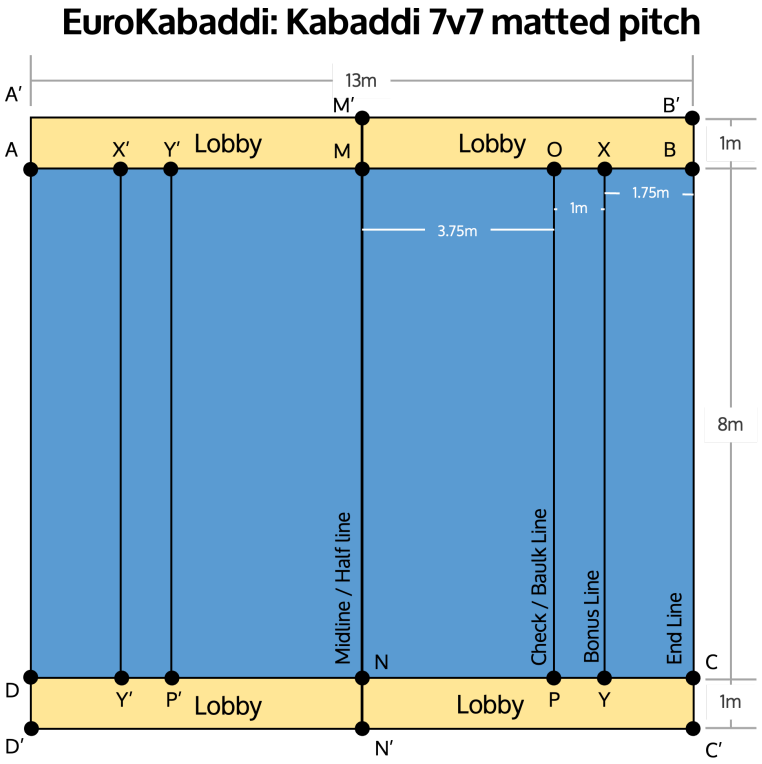


Fig. 1: Kabaddi (Rectangle Matted) 7v7 Dimensions and Visual Representation

1.1. **All-Out -** A team is declared All-Out if all of the players in that team are Knocked-Out.

1.2. **Active Half Court ([1][AMND //[2] BMNC] ||[3] [A'M'N'D' // B'M'N'C'])** - It is the Half Court of the Defending Team during a Raid and includes the Lobby of that Half Court if the Lobby has been activated.

1.3. **Body** - Body means a player's physical body and any apparel that is in contact with or attached to the player's physical body including shoes, clothes, hair. This does not include any detached apparel, for example plasters, bandages, headbands etc. that fall off.

1.4. **Bonus Line (XY // X'Y')** - A line parallel to and 4.75m from the Midline or 1.75m from either short End Line.

[1] Letters given in round brackets **'()'** correspond to the labels in Fig. 1.
[2] **'//'** represents an option - depending on which team is raiding at the time.
[3] **'||'** represents the situation if the Lobby has been activated i.e. a Touch or Struggle has taken place.

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1.5. **Chant** - It is recommended that a Raider repeatedly say "Kabaddi" while in the opponent's Half Court - which is the Chant. The Raider may breathe during the Chant. A Chant should preferably be continuous and audible to the Referees.

1.6. **Check Line (OP // O'P')** - A line parallel to and 3.75m from the Midline or 2.75m from either short End Line. This Line is also referred to as the Baulk Line.

1.7. **Court (ABCD || A'B'C'D')** - The area on which a Kabaddi match shall be played. It measures 13m x 8m, unless the Lobby has been activated - in which case it will measure 13m x 10m (with the 1m on both sides being included in the Court). Court is within the Field of Play.

1.8. **Defender** - Any player who is in their own Half Court (i.e. the Active Half Court) when the Raider from the opponent's team is Raiding.

1.9. **Defending Team** - For a particular Raid, it refers to the team to which the Defender(s) belong.

1.10. **Empty Raid** - A Raid where the Raider does not score or give away any points.

1.11. **End Line ([AB, BC, CD, DA] || [A'B', B'C', C'D', D'A'])** - The four boundary lines forming the Court together - two short and two long.

1.12. **Field of Play -** The area which is covered with playing mats. The Field of Play is generally larger than the Court.

1.13. **Half Court ([AMND // BMNC] || [A'M'N'D' // B'M'N'C'])** - Each half of the Court as divided by the Midline.

1.14. **Lobby ([A'M'MA + DNN'D'] // [M'B'BM + NCC'N'])** - The strips of the Field of Play on both sides of the Court that measure 1 metre in width. The Lobby is only in play (i.e. activated) after a Touch or Struggle takes place.

1.15. **Midline (MN || M'N')**- The line that divides the Court into two equal halves, perpendicular to the 13m length of the Court, at 6.5m from either short End of the Court.

1.16. **Out / Knock-Out (KO)** - When a player (Raider or Defender) is knocked out as per the Rules provided hereinbelow (for example when a Raider is Successfully Tackled), the player is declared Out / Knocked-Out (KO'd). This means that the player cannot participate in the game until he is revived or his team is declared All-Out.

1.17. **Pursuit** - A Pursuit is said to occur when a Defender follows the returning Raider into the Raider's Half Court, in quick succession after the Raider's Raid ends. A Pursuit is not allowed in case a Struggle has taken place.

1.18. **Raid** - A Raid refers to the act of entering the opposing team's (Defending Team's) Half-Court (i.e. the Active Half Court), generally with the aim of Touching as many Defenders as possible and then Returning. A Raid can be a maximum of 30 seconds. The time for a Raid starts as the Raider crosses the Midline.

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1.19. **Raider** - The player that enters into the opponent's Half Court in order to Raid. The Raider should preferably begin their Chant before he crosses the Midline to enter the Active Half Court.

1.20. **Raid Point(s) -** Point(s) which are given to the Raiding Team when the Raider Successfully Returns to his Half Court after Touching one or more Defenders during the Raid. Raid Points include Bonus Points.

1.21. **Raiding Team -** For a particular Raid, it refers to the team to which the Raider belongs.

1.22. **Referee** - The person or persons responsible for officiating the match, awarding points and ensuring that the Rules are followed.

1.23. **Struggle** - Struggle refers to the interaction between the Raider and the Defenders during a Tackle where the Raider tries to Return to his Half Court while the Defenders try to restrain him from doing so.

1.24. **Successfully Crossing (for bonus / check)** - A Raider is said to have crossed the Bonus Line or Check Line successfully when he is in contact with the Active Half Court ONLY between the End line and the line in question (Bonus Line / Check Line).

1.24.1. At the time of Crossing, no other part of the Raider's Body should be in contact with any other part of the Court.

1.25. **Successful Return** - The Raider is said to return successfully when they touch their own Half Court by crossing through / over the Midline (or through / over the Lobby Midline, if applicable) with any part of their Body. In order for a Raider to Successfully Return, the Raider's Body must not be outside the Active Half Court.

1.25.1. Merely touching the Midline does NOT count as a Successful Return.

1.25.2. The Raider must have a part of his Body in contact with the Raiding Team's Half Court in order for the return to be counted as a Successful Return.

1.26. **Successful Tackle** - A Successful Tackle is a Tackle where the Defender(s) restrains the Raider from returning to his own Half Court such that:

1.26.1. The Referee blows the whistle; or

1.26.2. If the Raider is successfully taken outside the Active Half Court by one or more Defenders, preventing the Raider from Successfully Returning to his Half Court.

1.27. **Super Tackle** - A Super Tackle takes place when a Raider is declared Out during a Raid if the Defending Team only has 3 or fewer Defenders at the beginning of the Raid.

1.27.1. An additional point is awarded to the Defending Team in addition to the tackle point when a Super Tackle takes place.

1.28. **Super Raid** - When a Raider successfully scores 3 or more points (this can include a bonus point) during a Raid.

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1.28.1. There are no additional points for Super Raids.

1.29. **Tackle** - When one or more Defenders attempts to physically prevent the Raider from returning to their own Half Court.

1.30. **Tackle Point(s)** - Point(s) which are given to the Defending Team for a successful Tackle.

1.31. **Technical Point with KO -** A Technical Point with KO refers to a point that is given due to a breach of rules by a player, which [all of the conditions below are fulfilled]:

1.31.1. Does NOT occur as a Tackle Point or as a Raid Point;

1.31.2. Leads to the involved player being declared Out; and

1.31.3. The opposing team revives a player.

1.32. **Technical Point without KO** - A Technical Point without KO refers to a point that is given due to a breach of rules by a player, which [all of the conditions below are fulfilled]:

1.32.1. Does NOT occur as a Tackle Point or as a Raid Point;

1.32.2. Does NOT lead to the involved player being declared Out; and

1.32.3. The opposing team does NOT get to revive a player.

1.33. **Touch** - A Raider making contact with one or more Defenders using any part of their Body during a Raid is called a Touch. Contact can be with any part of the Defender's Body.

2. General Rules of Play

Toss, first Raid and Half Court choice

2.1. The team that wins the toss shall have the choice of the Half Court, or the first Raid, and the team that loses the toss shall have the remaining choice. Both teams start with 7 players each.

2.2. The match shall begin with the Raiding Team (decided as per the toss) sending in their Raider to the Defending Team's Half Court (i.e. the Active Half Court).

2.3. Each team shall take turns to Raid against the opposing team.

Chant - optional, but recommended

2.4. **Optional, but recommended:** A Raider should continue to Chant "KABADDI" as the approved Chant. The Chant should be audible to the Referees.

2.4.1. A Raider should preferably start the Chant before touching the Active Half Court.

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When does a Raid end?

2.5. A Raid shall end when:

2.5.1. The Raider Successfully Returns to his Half Court after getting one or more Touches;

2.5.2. A Successful Tackle takes Place;

2.5.3. The Raider is declared Out due to a Technical Point (with or without KO);

2.5.4. At the end of 30 seconds from when the Raider entered the Defending Team's Half Court; or

2.5.5. Any other situation in which the Raid is caused to end as per these Rules. The Referees may end a Raid in certain exceptional circumstances with reasonable grounds, which may not be envisaged under these Rules.

Events after a Raid ends

2.6. Any events that take place after a Raid ends shall not be counted towards that Raid. For example, a Defender stepping out of the Active Half Court into the Lobby in the absence of a Touch or a Struggle immediately after the Raider has stepped out of the Active Half Court, will not cause the Defender to be declared Out as the Raid will stand ended when the Raider stepped out.

Next Raid and Pursuits

2.7. After a Raider has returned to their Half Court, the opponent shall send their Raider within 5 seconds (except in the case that a Struggle has taken place). Each side shall continue to send their Raider until the end of the game in this fashion.

2.7.1. In case the Raider fails to start their Raid within 5 seconds, the team loses the chance to Raid and the opponent team is awarded a Technical Point without KO.

2.7.2. In case there is a Struggle during the Raid, the Opponent shall send their Raider within 5 seconds after the Referee's whistle to restart play.

2.7.3. A Pursuit shall not be permitted if a Struggle takes place. A Pursuit is only permitted when the Raider scores a point without a Struggle or an Empty Raid takes place.

2.7.3.1. Whether there has been a Struggle or not and whether a Pursuit is permissible, shall be decided by the Referee.

2.7.3.2. In case a Raider attempts a Pursuit that was not permissible under the Rules, the Referee shall allow the Raider to return to his Half Court and start the Raid again.

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Second half and end of the match

2.8. In the second half, the teams will swap Half Courts. The team that did not Raid first in the first half will Raid first in the second half. The game in the second half shall continue with the same number of players on the Field of Play as at the end of the first half.

2.9. The team with more points at the end of the match shall be declared the winner of the match.

2.10. The last Raid of each half of the match shall be allowed to be completed (with the normal 30 second time limit) even after completion of the scheduled time as long as the Raid starts prior to the end of the half.

Attire, accessories, kit and nails

2.11. All players playing shall ensure that they are not wearing any ornament or any item on their body which could lead to a potential injury to themselves or any of the opponents. Nails should also be trimmed short.

2.12. Application of oil or any other substance to grease the Body shall not be allowed.

2.13. Shoes are compulsory when the match is played on a matted surface. The shoes must be thin-soled so as to not cause any damage to the mats and reduce any chances of injury to others.

Normal Gameplay

2.14. Raid Points

2.14.1. The Raiding Team shall be awarded a Raid Point for each Defender that the Raider Touches during the Raid before he Successfully Returns to his Half Court. Raid Points also include Bonus Points (that a Raider is awarded when he Successfully Crosses the Bonus Line - as described in these Rules).

2.14.2. During a Raid, when a Touch or Struggle takes place, the Lobbies will be activated i.e. Lobbies will become a part of the Court. The Raider can Return to his own Half Court by crossing the Midline in the Lobby.

2.14.3. There are no additional points or additional revivals for Super Raids.

2.15. Bonus Point

2.15.1. One additional point shall be awarded to the Raider when he Successfully Crosses the Bonus Line during his Raid, subject to the Rules and the conditions provided hereinbelow. The Bonus Line is active i.e. the Raider may be awarded a Bonus Point only when there are minimum 6 Defenders on the Court at the beginning of the Raid.

2.15.1.1. The Referee shall award the bonus point after completion of such Raid by showing a thumbs-up.

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2.15.2. If the Raider, AFTER Crossing the Bonus Line, is Successfully Tackled by the Defending Team, the Raiding Team shall be awarded a Bonus Point and it shall also count as a Successful Tackle.

2.15.3. If the Raider, BEFORE or WHILE crossing the Bonus Line, Touches a Defender or is Tackled, no Bonus Point shall be awarded to the Raider.

2.15.4. If the Raider, after Crossing the Bonus Line, Touches one or more Defenders and then Successfully Returns, he will get the number of points scored for the Touches in addition to the Bonus Point for Successfully Crossing the Bonus Line.

2.15.5. There shall be no revival of a player for a Bonus Point.

2.15.6. If one or more Defenders are suspended temporarily or disqualified from the match or for a Raid, then the Defending Team will play with fewer players. However, such players will be assumed to be part of the Defending Team for the purposes of Bonus Points.

2.16. Tackle Points

2.16.1. If one or more Defenders Successfully Tackle the Raider during the Raid, they shall be awarded a Tackle Point.

2.16.1.1. In the case of a Super Tackle, the Defending Team shall be awarded an extra point.

2.16.1.2. No extra revivals shall be allowed in the case of a Super Tackle.

2.16.2. During a Raid, if a Touch takes place, the Lobbies will be activated to form part of the Court and Active Half Court. The Raider can Return to their own Half Court by crossing the Midline in the Lobby.

2.16.3. When a Raider is Tackled, the Defenders shall not:

2.16.3.1. Try deliberately to stifle their Chant by shutting the Raider's mouth;

2.16.3.2. Use violent or excessive force which endangers the safety of the Raider; or

2.16.3.3. Use any other unfair means of Tackling such as pulling the Raider's hair or clothes.

2.16.4. If such an incident happens, the Referee shall declare the Raider safe and the offending Defender(s) shall be declared Out with the Raiding Team being awarded Technical Point(s) with KO for each such Defender declared Out.

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2.17. All-Out

2.17.1. When all the players in a team are eliminated, the opponent team shall score an All-Out which confers two additional points to the team opposing the eliminated team.

2.17.1.1. The eliminated team will be revived completely and must re-enter the Court within 10 seconds. At the Referee's discretion, a Technical Point without KO may be awarded to the opponent's team if there are significant delays with this process.

2.18. Time-Outs

2.18.1. Each Team shall be allowed to take Time-Outs as per the rules of that specific match / tournament. Such Time-Out shall be called for by the Captain with the permission of the 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.

2.18.2. During the Time-Out, the players on the Court shall not leave the Court. In case of any violation a Technical Point with KO shall be awarded to the opponent team.

2.18.3. An Official Time-Out can be called for by the Referee 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.

2.19. Substitutions

2.19.1. Teams may be allowed substitutes, the number of which would depend on the match rules.

2.19.2. Substitutions shall take place with the permission of the Referee. If a player being substituted out is Out / KO'd / eliminated, the player being substituted in will remain Out until revived.

2.19.3. Players substituted out can be substituted back in, if the match rules permit.

2.19.4. If any player is suspended, eliminated, knocked-out or disqualified (temporarily or permanently) from the match, he may not be substituted in until he is revived or the disqualification ends. The team will play with fewer players if needed.

2.20. Order of revival

2.20.1. Players eliminated must be revived in the same order that they were eliminated in. This means that the players eliminated first must be revived first and the players eliminated last must be revived last. An eliminated /

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KO'd player cannot be substituted in - they can only be revived or re-enter in case of an All-Out.

2.21. Do-or-Die Raid

2.21.1. After a team's second consecutive Empty Raid, the third Raid is a Do-or-Die Raid - where the Raiding Team MUST score a point (Touch Point, Bonus Point or Technical Point with KO) otherwise the Raider is declared Out.

2.21.2. Do-or-Die Raid counter resets at half time.

Tie-Breaker

2.22. The default (optional) Tie-Breaker rules are given below:

2.22.1. A Tie-Breaker takes place in case a match ends with both teams on equal points and a winner needs to be determined, for example, in the case of a knockout match in a tournament.

2.22.2. In case of a Tie-Breaker, the following number of Raids will take place for each team, depending on how long the match was:

2.22.2.1. If the match was less than 20 minutes long, each team shall Raid 3 times.

2.22.2.2. If the match was 20 minutes or longer, each team shall Raid 5 times.

2.22.3. Rules for the Tie-Breaker

2.22.3.1. Both teams will start with 7 players each.

2.22.3.2. The Check Line shall serve as the Check Line as well as the Bonus Line.

2.22.3.3. The team that Raided first in the match shall Raid first in the Tie-Breaker.

2.22.3.4. Each team shall send a unique Raider for every Raid.

2.22.3.4.1. At no time during the Tie-Breaker shall any one player have more than one Raid higher than any other player on his team.

2.22.3.5. There shall be no KO during the Tie-Breaker.

2.22.3.6. In case the Tie-Breaker ends in equal points, Sudden-Death shall start:

2.22.3.6.1. Both teams shall take turns to Raid. Whichever team has more points after any two consecutive Raids, starting with

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the Raid of the team who Raided first in the Tie-Breaker, shall win the Sudden-Death.

2.22.3.6.2. Each team shall send a unique Raider for every Sudden-Death Raid beginning with the Players that have not yet Raided in the Tie-Breaker.

2.22.3.6.3. In the case that all 7 players have Raided once over the course of the Tie-Breaker and Sudden-Death, Players can then Raid for the second time. The Raiding order shall remain the same.

2.22.3.6.4. The winner of the Sudden-Death shall be declared the winner of the match.

3. Technical Points

3.1. Empty Raid without Successfully Crossing the Check Line

3.1.1. If an Empty Raid takes place and the Raider does not Successfully Cross the Check Line during the Raid, the Defending Team shall be awarded a Technical Point with KO, with the Raider being declared KO'd.

3.2. Leaving the Active Half Court

3.2.1. A player shall be declared Out if any part of their Body touches outside the Active Half Court during a Raid. This means that:

3.2.1.1. In the case that no Struggle or Touch has happened during the Raid, any player (Raider or Defender) having any part of their Body OUTSIDE the End Line would cause the player to be declared Out. For Defenders, the Midline shall count as an End Line for the purposes of this Section.

3.2.1.1.1. In such a case, the Raid shall end if the Raider has gone Out and one Technical Point with KO shall be awarded to the Defending Team.

3.2.1.1.2. If one or more Defenders go out in this manner during a Raid, they shall leave the Court during the Raid without taking part in any subsequent events during the Raid. No whistle shall be blown when the Defender goes Out and the Raid shall continue.

3.2.1.2. In the case that a Struggle or Touch has taken place during the Raid:

3.2.1.2.1. Any player (Raider or Defender) whose Body completely goes outside the Active Half Court (with no contact with the

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Active Half Court - which includes the Lobby) shall be declared Out.

3.2.1.2.2. If one or more Defenders cross the Midline (and not just touch it), after a Touch or Struggle takes place, whilst not actively involved in the Struggle or Tackle, then the Defender shall be declared Out. They shall leave the Court during the Raid without taking part in any subsequent events during the Raid. No whistle shall be blown when the Defender goes Out and the Raid shall continue.

3.2.1.2.3. If one or more Defenders cross the Midline (and not just touch it), after a Touch or Struggle takes place, whilst actively involved in the Struggle or Tackle, thereby, preventing the Raider from Returning, the Raider will be safe. Only the Defenders who have gone out of bounds will be declared Out and the Raiding Team will receive points for as many Defenders that crossed the Midline or went out of bounds.

3.3. Multiple Raiders entering the Active Half Court

3.3.1. Not more than one Raider shall enter the Active Half Court during a Raid. If more than one Raider enters the Active Half Half Court at a time

3.3.1.1. If there has been no Touch, Tackle or Struggle yet, the first Raider goes back to their Half Court and for any following Raiders that entered the opponent's Half Court Technical Points without KO (for each such Raider) will be awarded to the opponent. The Raiding Team will Raid next.

3.3.1.2. If a Touch, Tackle or Struggle has already been initiated, the first Raider along with any subsequent Raiders from the Raiding Team that enter the Active Half Court shall be declared Out and the Defending Team shall be awarded Technical Points with KO for each such Raider.

3.4. Raiding Team communicating with Raider during ongoing Raid

3.4.1. There shall be no communication between the Raider and the Raiding Team whilst the Raid is ongoing.

3.4.1.1. At the Referee's discretion, a Technical Point with KO may be awarded to the opponent's team if this rule is breached.

3.5. Incorrect order of revival of players

3.5.1. If a team revives players in the wrong order, the Referee shall award a Technical Point without KO to the opposing team.

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3.6. Do-or-Die Raid is empty

3.6.1. In the event of a third consecutive Empty Raid i.e. an empty Do-or-Die Raid, the Raider will be eliminated and the Defending Team shall be awarded a Technical Point with KO.

3.6.2. Do-or-Die Raid counter resets at half time.

3.7. Indiscipline and misconduct

3.7.1. Referees may award Technical Point(s) with or without KO for indiscipline and misconduct such as:

3.7.1.1. Abusive, unsportsmanlike or violent behaviour;

3.7.1.2. Non-compliance with Referees instructions;

3.7.1.3. Excessive protesting / dissent with Referees;

3.7.1.4. Repeated failure to comply with the Rules; or

3.7.1.5. Any other misconduct as deemed fit by the Referees.

4. Match rules / tournament / NGB rules

4.1. Certain rules, as provided below, may be amended by organisers and National Governing Bodies (NGBs). Anything not listed below, especially rules for Normal Gameplay, Events after a Raid ends, Next Raid, Pursuits, and Technical Points, must be followed by associated organisations, organisers and NGBs.

4.1.1. Organisers and NGBs may vary match times, half times and toss rules at their discretion.

4.1.2. Video referrals may only be permitted in accordance with the match rules / tournament rules.

4.1.3. If applicable, Referees may issue cards (such as yellow card or red card), signifying different penalties, in accordance with the match rules / tournament rules.

4.1.4. A weight limit of 90 kg for men and 80 kg for women is **recommended** to match and tournament organisers in the interest of safety and to reduce risk of injury. International Kabaddi tournaments generally have a weight limit of 85 kg for men and 75 kg for women. However, organisers shall decide weight limits at their own discretion.

4.1.5. Organisers / NGBs may decide Tie-Breaker rules at their discretion. Default rules are provided above.

4.1.6. The Chant may be made compulsory at the organisers' / NGBs' discretion.

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4.1.7. The frequency of Do-or-Die raids and Tie-Breaker rules may be changed at the organisers' / NGBs' discretion. Default rules are provided above.

5. Versions

S.no.	Version	Date
1.	v1.0	08 Sep 2025
2.	v1.1	14 Nov 2025
3.	v1.2	18 Nov 2025
4.	v1.3	23 Nov 2025
5.	v1.4	09 Dec 2025
6.	v1.5	16 Jan 2026

6. Acknowledgements

Efforts of the following are acknowledged in the development of these Rules:

S.no.	Version	Person	Organisation
1.	v1.0	Karmanya Singh Sareen (author)	England Kabaddi Union EuroKabaddi
2.	v1.0	Sanjay Patel (author)	England Kabaddi Union
3.	v1.1	Michał Śpiczko	Kabaddi Poland EuroKabaddi

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