

KABADDI - THE SPORT FOR EVERYONE

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Kabaddi is a popular team sport, which needs skill and power, and conflates the characteristics of wrestling and rugby. It is also known as the **Game of the Masses** because of its simplicity and requires less expensive equipment. Therefore anyone can play at anytime. It is an outdoor sport, which is played on clay court, but synthetic surface indoors are being used now-a-days.

NO EQUIPMENT REQUIRED TO PLAY

WHAT DO YOU NEED THEN?

12

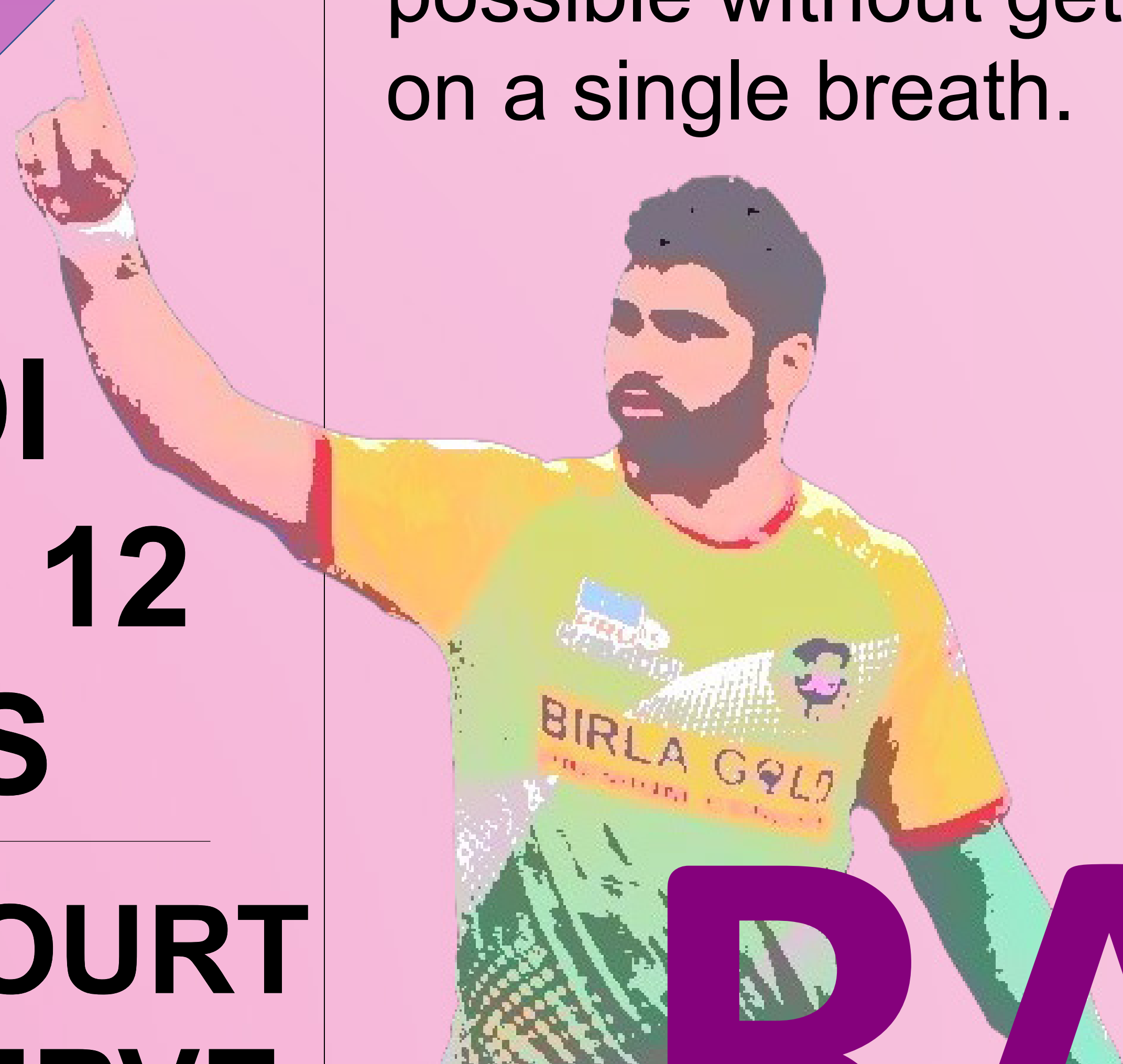
**KABADDI
REQUIRES 12
PLAYERS**

**SEVEN ON COURT
FIVE IN RESERVE**

Objective of this game is to grab points by **raiding** into the opponent's court and touching as many opponent players as possible without getting caught on a single breath.



Each player, chanting "Kabaddi! Kabaddi! Kabaddi" enters into the opponent court and try to touch the defense players nearest to him, while the opponents make tactical coordinated efforts to catch that player.



RAIDING