

# History of Kabaddi

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## Abstract

*Kabaddi is basically an Indian game, which requires both skill and power, and combines the characteristics of wrestling and rugby. Kabaddi is aptly known as the “GAME OF THE MASSES” due to its popularity, simple, easy to comprehend rules, and public appeal. The game calls for no sophisticated equipment what so ever, which makes it a very popular sport in the developing countries. Though it is basically an outdoor sport played on clay court, of late the game is being played on synthetic surface indoors with great success. The duration of the game is 45 minutes for men & junior boys with a 5 minute break in between for the teams to change sides. In the case of women & sub junior boys, the duration is 35 minutes with a 5 minute break in between.*

Key Words: Kabaddi, Gemini, Sanjeevani.

## Introduction

Kabaddi is a combative team game, played with absolutely no equipment, in a rectangular court, either out doors of indoors with seven players on the ground in each side. Each side takes alternate chances at offense and defense. The basic idea of the game is to score points by raiding into the opponents' court and touching as many defense players as possible without getting caught on a single breath. During play, the players on the defensive side are called 'Antis' while the player of the offense is called the 'Raider'. Kabaddi is perhaps the only combative sport in which attack is an individual attempt while defense is a group effort. The attack in Kabaddi is known as a 'Raid'

## ❖ ORIGIN

The sport has a long history dating back to pre-historic times. It was probably invented to ward off group attacks by individuals and vice versa. The game was very popular in the southern part of Asia

played in its different forms under different names. A dramatized version of the great Indian epic. The Mahabharata has made an analogy of the game to surround on all sides by the enemy. Buddhist literature speaks of the Gautam Buddha to display their strength and win their brides.



## ❖ FORMS OF KABADDI AMAR

Amar literally means invincible. This is a form of Kabaddi, which is played based on points scored by both sides. The play field has no specific measurements and nine to eleven players constitute each of the teams. In this form of Kabaddi, there is no out and revival system or lona but time is the deciding factor. The main advantage of this form of the game is that the players remain in the court throughout the match and are able to give their best performance.

- GEMINI

This form of Kabaddi is played with seven players on either side, in a play-field of no specific measurements. The principle characteristic of this form of Kabaddi is that a player who is put out has to remain out until all his team members are put out. The team that is successful in putting out all players of the opponent's sides secures a point. This is akin to the present system of 'lona'. After all the players are put out, the team is revived and the game

continues. The game continues until five or seven lona are secured. The game has no fixed time. The main disadvantage of this form of Kabaddi is that the player is not in position to give his best performance since he is likely to remain out for the better part of the match until a lona is secured.

- **SANJEEVANI**

This form of Kabaddi is the closest to the present game. In this form of Kabaddi, players are put out and revived and the game lasts for 45 minutes with a 5-minute break in-between. The team consists of nine players on each side. The team that puts out all the players on the opponent's sides scores four extra points for a lona. The winning team is the one that scores the maximum number of points at the end of stipulated time. The play field is bigger in this form of Kabaddi and the cant was different in various regions. Modern Kabaddi resembles this form of Kabaddi a great deal especially with regard to out & revival system and lona. The present form of Kabaddi is a synthesis of all these forms of Kabaddi with a good number of changes in the rules and regulations.



#### ❖ DEVELOPMENT OF THE GAME

There is a gradual but marked change in the style of the game during the past fifty years. What was once considered a game of brawn is not so now. The introduction of more techniques to the game has made it relatively easier for a player with more skill than weight to score points against better-built opponents. Over the years, the game's pattern changed along with the rules and the size of the playfield. The concept of Kabaddi as an indigenous game of India first came up during the year 1921 in Maharashtra, when a certain framework of rules was prepared and the game was played on the pattern of Sanjeevani & Gemini in a combine form. These rules were applied in an All India Kabaddi tournament organized during the same year. It was the Hanuman

Vyayam Prasarak Mandal, Amaravati, Maharashtra, which took up the task of organizing and developing Kabaddi in a more systematic & scientific manner. This institution believes in the maxim “A healthy mind in a healthy body” and has been doing yeoman’s service to sports in general and indigenous games in particular, over the years. During the years 1927 to 1952, Kabaddi was played in different parts of the country based on rules framed by the various clubs and organizing committees, which mushroomed and gained in prominence.

#### ❖ Sports Science and Kabaddi

Sports science plays a critical role in Kabaddi performance. The game Kabaddi is a team based sport and it demands number of external and internal factors like anthropometrical, physical, physiological and psychological characteristics to play the game at elite level. The role of sports science in Kabaddi is elaborated hereunder.

#### ❖ Anthropometric Characteristics and Kabaddi

Anthropometric measurements relevant to human movement gained formal recognition as a discipline with the inauguration of the International Society for Advancement of Kinanthropometry in

1986. Anthropometrists of all continents have participated in several major multidisciplinary studies that are being or have been conducted to assess the physical characteristics of people. Kinanthropometry has been defined as the quantitative interface between human structure and function. This interface is examined through the measurement and analysis of age, body size, shape, proportion, composition and maturation as they relate to gross body function. Previous reports have shown that body structure and morphological characteristics are important determinants of performance in many sports and certain physical impressions such as body composition (body fat, body mass, muscle mass) and physique (somatotype) can significantly influence athletic performance.

#### ❖ Physiological Characteristics and Kabaddi

Kabaddi is a complete collective sporting modality, characterized by the great amount and variety in its movements, ball manipulations and interaction with other athletes. Looking for a better dynamic and objectivity, Kabaddi passed through several evolutionary processes that, consequently, started to demand from the athlete’s larger physiological adaptations and other characteristics. The athlete’s income

in the Kabaddi of high level depends directly on several variables. The evaluation of the performance implicates the recognition and denomination of the individual level of the components of the sporting performance or of a conditioning situation. (Weineck, 1999). It is essential that all the variables related to the athlete's performance be evaluated. Even with that importance, it is still noticed a lack of studies that use evaluations and analysis with direct measures, seeking to determine the maximum aerobic potency, the maximum anaerobic potency, the anaerobic threshold and the lactate threshold, in athletes of the feminine Kabaddi.

#### ❖ Psychological Characteristics and Kabaddi

The ability to cope with pressure and anxiety is an integral part of sports, particularly among elite athletes. Researchers have reported that consultations among 50 athletes at an Olympic festival were related to stress or anxiety related problems (Murphy, 1988). A great deal of research has been conducted examining the relationship between anxiety and performance among the players. It is generally recognized that psychological factors are of crucial importance in high-level competitive sports. The relation between anxiety

and performance has been the subject of many thorough researches.

#### ❖ Rationale for taking-up this Study

In India, Kabaddi is a popular sport, played by men and women almost in all states and union territories. Since, the researcher is a player, official and coach in Kabaddi game; he felt that there is a need for an analytical study in order to discriminate the factors associated in predicting the success in Kabaddi at inter-collegiate level. Moreover, very little research had been done on Kabaddi players, which motivated the investigator to take up the study.

#### ❖ Hypothesis

It was hypothesised that playing ability in Kabaddi might be predicted from selected anthropometrical characteristics, physical fitness components, physiological parameters and psychological factors among college level players.

#### ❖ Delimitations

The study was confined to the following aspects,

1. This study was confined to only male intercollegiate Kabaddi players from various colleges within the Tamil Nadu state, India.

2. The subjects for the present study have been delimited to the 268 inter-collegiate Kabaddi players only.

3. The age of the subjects ranged from 17 to 25 years.

4. The study was delimited to the following independent variables.

- Anthropometrical – Body weight; *Length measurements* – Height, Arm length, Arm span, Leg length, Hand length, Hand breadth; *Girth measurements* – Chest girth, Waist girth, Hip girth, Thigh girth, and Calf girth.

- Physical – Speed, Agility, Flexibility, Leg explosive strength and Muscular endurance.

- Physiological – Cardiovascular endurance, Resting heart rate, Peak expiratory flow rate and Breath holding time.

- Psychological – Somatic anxiety, Cognitive anxiety, Self confidence and Sports achievement motivation.

#### ❖ Limitations

1. The variance in playing experience among players due to the participation in tournaments will be considered as a limitation of the study.

2. Similarly the playing ability difference due to their participation in the coaching

programme, if any, will also be added to the limitations.

3. Certain factors like food habits, life style, climatic condition, and other environmental factors could not be controlled which may influence the results and hence they may be considered as one of the limitations of the study.

4. The students were from different social cultural and economical status which was considered as a limitation for this study.

5. The response of the subjects to the statements in the questionnaires would depend upon various factors such as understanding of the statements, seriousness and sincerity of the subjects.

6. No specific motivational techniques were used to encourage the subjects to attain their maximum performance during testing.

#### ❖ Operational Definition of the Terms

- Anthropometry

Anthropometry is the study of the human body in the terms of the dimensions of bone, muscle, and adipose tissue. It is the measurements of the human body to discover its exact dimensions and the proportion of its parts. (Surinder, 1993).

- Body weight

Mass is the quantity of matter in the body. Mass is calculated through the measurement of weight, i.e. the force the matter exerts in a standard gravitational field. (Michael, 2006).

- Standing height

The perpendicular distance between the transverse planes of the planes of the vertex and the inferior aspects of the feet. (Michael, 2006).

- Arm length

The linear distance between the Acromial and Dactylion sites of the lateral view. (Michael, 2006).

- Arm span

The linear horizontal distance between the dactylion sites (tip of the middle fingers) with the arms extended laterally and at shoulder level. It includes the width of the shoulders and length of both the upper limbs. (Michael, 2006).

- Leg length

The vertical distance between the Trochanterion lateral site to the standing surface. (Michael, 2006).

- Hand length

The linear distance between the Mid - stylium and Dactylion sites. (Michael, 2006).

- Speed

According to Corbin, (2007), speed is an ability to perform a movement or cover a distance in a short time.

- Agility

According to Elizabeth, (2007) agility is the ability to move and change

direction and position of the body quickly and effectively while under control.

- Flexibility

A person's flexibility refers to the ability of his joints to move through a full range of motion. (Paige, 2008).

- Strength

Strength is the ability to overcome resistance or to act against resistance. (Singh, 1991).

- Cardiovascular endurance

Cardiovascular endurance is the ability of the heart to provide oxygen to muscles during physical activity for a prolonged period of time. (Jonson, 2010).

- Resting heart rate

This is a person's heart rate at rest. The best time to find out your resting heart rate is in the morning, after a good night's sleep, and before you get out of bed in the morning. (Jonson, 2010).

- Peak expiratory flow rate

Peak Expiratory flow is the maximal flow achieved during the maximally forced expiration initiated at full inspiration, measured in liters per minute. (William, 2003).

- Breath holding time

It is defined as the duration of time through which one can hold his breath without inhaling or exhaling after a deep inhalation. (Strukic, 1981).

- Somatic anxiety

Somatic anxiety refers to the physiological and affective elements of the anxiety experience that develop directly from autonomic arousal. (Martens, et. al 1990).

- Cognitive anxiety

Cognitive anxiety is the mental component of anxiety caused by negative expectations about success or by negative self evaluation. (Martens, et. al 1990).

- Self confidence

Self confidence is the belief that you can successfully perform a desired behaviour. (Weinberg & Gould, 2003).

- Achievement motivation

Motivation is based on your emotions and achievement related goals. Achievement motivation is based on reaching success and achieving all of our aspirations in life. (Griffin, 1999).

## CONCLUSION

1. This study will help the physical education teachers and coaches to design a specific programme to identify the talents, which are closely associated with the better Kabaddi performance.

2. Study will reveal the influence of anthropometrical, physical, physiological and psychological characteristics on the overall playing ability of Kabaddi players.

3. This result might be utilized as a screening instruments in analyzing and classification the Kabaddi players.

4. The result of this study will help the young budding researchers to take up similar studies in other areas and disciplines.

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