

# KABADDI: ITS ANTIQUITY AND HISTORY

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Since prehistoric times sports are the principal means of man's entertainment. The people of ancient civilizations such as the Chinese, Greek, Indus, Egyptians and Mesopotamia gave importance to sports. In the modern era the importance of sports has reached its zenith.

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. Kabaddi is a combative team game, played with absolutely no equipment, in a rectangular court, either out doors or 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.

Kabaddi is also known as Hututu, Do-do and Ghidugudu. It is an ancient mass based group game, which is played in most of the tropical countries. It is popularly known as **Hadudu in Bangladesh, Gudu in Sri Lanka**, The Chub in Indonesia, **Kabaddi in India**. In their leisure in the afternoon, young men in Ghazipur, about 35 kilometers north of Bangladesh's capital Dhaka, are having fun through playing traditional outdoor sports called Hadudu (ha-du-du). The sport is also popular in Nepal, Bangladesh, Srilanka, Japan and Pakistan.

The sport has a long history dating back to pre-historic times when man learned how to defend in groups against animals or attack weaker animals individually or in groups for survival and food. 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.

There is a popular belief that Kabaddi originated in the South Indian State of Tamil Nadu. The story of origination of Kabaddi begins by hitting and running of a boy for a candy. The boy who was hit chased the boy who hit him, and hit him back and ran away and it goes on this way. Holding the breath while chasing was an added element when the game evolved. There are various names to this game.

## 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 nine 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 4 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.

## HISTORY

Kabaddi attained national status in the year 1918. Maharashtra was the pioneer state to bring the game to the national platform and give it further popularity. Standard rules and regulations were formulated in 1918 but were brought out in print in the year 1923 and in this very year, an All India Tournament was organized at Baroda with these rules. Kabaddi has not looked back since then and numerous tournaments are organized all over the country throughout the year. Kabaddi received its first international exposure during the 1936 Berlin Olympics, demonstrated by Hanuman Vyayama Prasarak Mandal, Amaravati, Maharashtra. The game was introduced in the Indian Olympics Games at Calcutta, in the year 1938. It was in 1950, that the All India Kabaddi Federation came into existence. Regular conduct of National level championship as per laid down rules and regulations began with effect from the year 1952. After the formation of the Amateur Kabaddi Federation of India, the first men's Nationals were held in Madras, while the women's Nationals were held in Calcutta in the year 1955. The rules were modified and some changes were introduced to the game during the national championship held at New Delhi in the year 1954. Efforts were made to demonstrate the game in the world youth festival held at Moscow in the year 1957, but due to various unforeseen reasons, this could not be accomplished. The game was included in the curriculum of the Indian University sports control board as a main sports discipline in the year 1961. The game got further recognition when the school game federation of India included it in the school games in the year 1962. This body has taken up the responsibility of organizing state and national level national level competitions for school going children all over the country in various sports on a regular basis, every year. The Amateur Kabaddi Federation of India, the new body, came into existence in the year 1972. This body was formed with a view to

popularize the game in the neighboring countries and organize regular national level men and women tournaments. After the formation for this body, sub junior and junior sections were included in Kabaddi national level tournaments, as a regular feature. Kabaddi was included in the curriculum of Regular Diploma courses in coaching conducted by the National Institute of Sports, the premier institute to develop sports in the country with effect from the year 1971. Thereafter, qualified coaches in Kabaddi are being produced every year. These qualified coaches are equipped to train players at different levels in a systematic manner with sports science back up. In the year 1974, the Indian men's team toured Bangladesh as part of the cultural exchange programme to play five test 6 matches in different parts of the country. The Bangladesh returned the visit in the year 1979 and played five test matches in India. The Asian Amateur Kabaddi Federation was formed in the year 1978, during the silver jubilee celebrations of National Kabaddi championships in India, organized at Bhillai, Madhya Pradesh. The first Asian Championship in Kabaddi was organized in Calcutta, in the year 1980. Federation cup Kabaddi matches also commenced in the year 1981. Kabaddi was included as a demonstration in the IX as Asian Games hosted by India in the year 1982. In the year 1984 an open Inter-National tournament was organized at Bombay, in India. During the Tri-Centenary celebrations of the city of Calcutta, an Inter-National Invitation Kabaddi Tournament was organized in the city. The South Asian Federation included Kabaddi as a regular sports discipline from the year 1984. Kabaddi was played for first time in the SAF Games, which is played once in two years. For the first time in the Inter-National Kabaddi scenario, India faced defeat at the hands of Pakistan and had to be satisfied with second place, winning the silver medal, in the VI SAF Games at Decca, Bangladesh, in the year 1993. The Second Asian Championship was hosted by India and was organized at Jaipur, Rajasthan. Malaysia and Japan participated for the first time in this championship. In the XI Asian games held in the year 1990 at Beijing, China. Kabaddi was included in the main disciplines. This was a major landmark 7 in the history of Kabaddi. India won the gold medal, which was a proud and unforgettable moment for Kabaddi lovers who had strived to bring Kabaddi to the Asian platform. India has been the reigning champion in the succeeding Asian games held in various cities so far. The Kabaddi World Cup was first played in 2004 and then in 2007 and 2010. So far India is the unbeaten champion in Kabaddi World Cup. Kabaddi was being introduced to the African countries as a demonstration sport in the Afro Asian games, which was hosted by India. This is a feather in the cap for Kabaddi lovers and has been made possible thanks to the efforts of Mr. J. S. Ghelot, President, Amateur Kabaddi Federation of India and the Indian Olympic association.

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