

Kabaddi: Kabaddi is basically a combative team sport which has become a symbol of Indian culture, promoting indigenous sports and celebrating rural traditions. This sport has given a new shed of direction to the Indian sports industry .it requires seven players in two teams with seven players on each side; played for a period of 40 minutes with a 5 minutes break . Basically the main idea of the game is about a single player on offense, referred to as 'Raider' to run into the opposite teams court while saying" Kabaddi ,Kabaddi" without Stopping to Breathe, if they can come back to an extent and then tag out or touch out as many as defenders of the opponent team as possible and return to the respective court anyhow without getting touched by any defenders in 30 seconds. Then points are scored for each player tagged by the raider, on the other hand the opposite tries to catch the raider and earns a point of profit for stopping .If the players are touched by the raider then the player will be taken out of the game, but can be brought back in for each point scored by their team from a tag or tackle. The team with the most points at the end wins the game .Kabaddi teaches us teamwork which requires no equipment. It is an exciting game to watch and play.