

ENGLAND KABADDI UNION

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EKU Kabaddi Player Safety Guidance

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General

- 1) Safety of players is of paramount importance to The England Kabaddi Union (EKU). This document will act as a measure to guide and improve the safety of the sport.
- 2) **Kabaddi players should be aware of the fact that Kabaddi is a physically demanding contact sport. Therefore, injuries can happen from time to time.** This includes, but is not limited to, torn muscles, torn ligaments / tendons, dislocations, broken bones, head injuries and / or even death (in the worst case scenario).
- 3) Kabaddi players should consult their doctor in case of injury or any conditions that may affect their health.

Rules (<https://englishkabaddi.com/rules>)

- 1) EKU regularly reviews and updates the **Official EKU Kabaddi Rules**, which considers the safety of players throughout. Player safety excerpts from the Official EKU Kabaddi Rules include the following:
 - a) *"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."* - **Section 2.11.**
 - b) *"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."* - **Section 2.13.**
 - c) *"When a Raider is Tackled, the Defenders shall not:*
 - i) *Try deliberately to stifle their Chant by shutting the Raider's mouth;*
 - ii) *Use violent or excessive force which endangers the safety of the Raider; or*
 - iii) *Use any other unfair means of Tackling such as pulling the Raider's hair or clothes."* - **Section 2.14.c.**
- 2) Also included in the Official EKU Kabaddi Rules is guidance on weight limits:
 - a) *"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.” - Section 4.3.

- 3) Where the EKU rules are being enforced, players must adhere to these for their own, and other players', safety.
- 4) The Official EKU Kabaddi Rules are updated from time to time and as a result existing rules may be added to or amended.

Training

- 1) Kabaddi players should learn the proper technique for tackling and raiding whilst training for Kabaddi matches / tournaments.
 - a) This includes learning how to block and chain tackle properly without endangering themselves or the raider. For example, not ducking your head so as to put your head in a vulnerable position, or positioning your head to increase the chance of head on head collision.
 - b) Raiders should also be aware of the correct techniques whilst raiding, for example, keeping your arms up to protect against incoming tackles.
- 2) Kabaddi players can learn the correct technique by attending EKU training sessions, learning from senior players or watching recent ProKabaddi videos.
- 3) Advanced techniques such as kicks, dupki (diving under the chain) and jumps should be practiced in a controlled manner with the use of specific drills.
- 4) Kabaddi players should practice tackling and getting tackled during training to physically condition themselves and get used to the contact nature of the sport.
- 5) Training should include sufficient warm up and cool down time to reduce the likelihood of pulled muscles. Competitive matches and match like simulations should be kept to a minimum so as to reduce the risk of serious injury during training.
- 6) Training should focus on a mix of non contact, fleeting contact and full contact drills.

Matches / Tournaments

- 1) During matches / tournaments there should be a designated first aider on site to assist with any injuries and get help in a prompt and safe manner.
- 2) Kabaddi players should look out for their own and other players' safety, including the opponents, whilst participating in matches / tournaments.

Head injuries

- 1) Head injuries should be treated with additional care and attention, any Kabaddi player who has suffered a head injury should be assessed and monitored.

- 2) Any Kabaddi player who is exhibiting concussion symptoms should not take further part in the training session / match / tournament and should seek professional medical help.

Apparel

- 1) Kabaddi players can wear extra apparel provided it does not contravene the Official ECU Kabaddi Rules and any match rules / tournament rules that are in place.
- 2) Kabaddi players are encouraged to wear / use the following to help prevent injuries:
 - a) Gum shields.
 - b) Knee / elbow sleeves.
 - c) Wrist / ankle support.
- 3) Kabaddi players should wear contacts instead of glasses.