



How to start a club guidance document

1) Email your student union / sports department

- a) Find out the requirements for starting a new sports club, this often requires a minimum number of people to form a committee.

2) Locate a training space

- a) Find a venue with mats or a venue with an existing matted surface.
- b) For half a Kabaddi pitch, the ideal area of the matted surface is at least 7 metres by 12 metres.

3) Kabaddi rules

- a) Familiarise yourself with the EKU Kabaddi Rules which can be downloaded from: <https://www.englishkabaddi.com/rules>

4) Spread the word

- a) Generate interest by word of mouth and through social media such as Instagram and TikTok.

5) Taster session

- a) Host a taster session for players new to the game so they can experience Kabaddi for the first time.

6) Ask for help

- a) If you have any questions, queries or require some help to set up a club then you can email us at: contact@englishkabaddi.com