



The Definitive Guide to the
NHSF (UK)
Sports Competition
2012



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1. Introduction

Following the overwhelming successes of the past seven years, the NHSF (UK) Sports Competition is back for its eighth year running and is bigger & better than ever.

With participation from students at universities across the country as well as sixth form students, this promises to be one of the most challenging and thrilling events of the year.

Alongside the more widely recognised sports of football, netball, and cricket, competitors will also have the opportunity to participate in the more traditional Indian games of Kabbadi and Kho-Kho.

More information about these sports is provided in this booklet.



2. Summary Table

Sport	Number of Players	Number of Substitutes	Who can play	Provisional Cost per team
Kabbadi	7	2	Males	£15
Kho-Kho	9	2	Mixed	£15
Football	6	3	Males	£25
Netball	7	2	Females	£25
Cricket	6	2	Mixed (minimum 3 females)	Free!

NOTE:

The prices for teams are provisional and are subject to change. You will be notified of actual prices in future emails.



3. Kabbadi

No one can say for certain how or when the game of Kabbadi began. Some say it is a deviation from wrestling. Others say it was first played to celebrate the harvest. The most colourful account places it in the Mahabharata, the great Hindu epic set around 5000 years ago, which tells of the momentous war between the rival families of the Pandavas and Kauravas.

In the story, Shree Krishna was one night recounting battle tactics to his pregnant sister Subhadra (wife of Arjuna). He was telling her the secret of penetrating the chakravyuha, the seven-tier-defensive circle perfected by the Kauravas.

Abhimanyu, Subhadra's unborn child, was also listening in his mother's womb. Unfortunately, his mother fell asleep before Shree Krishna could tell her how to escape from the deadly circle. As a result, when Abhimanyu grew up and became a warrior like his father Arjuna, he broke into the chakravyuha but was unable to get out, being encircled and killed in the attempt.

There is no denying the similarities between that historic struggle and the game of Kabbadi. Kabbadi is a sport with territories defended by seven players. Two teams face each other like two armies in battle. The objective is for one 'soldier' to raid the enemy's territory, capture as many opposing soldiers as possible and return to camp.

But as in the Mahabharata, the raider himself can be captured. The battlefield is the pitch; the chakravyuha is the chain created by the defenders. There is no prop such as a ball, racket or bat – only strength, stamina and tactical skill.

The beauty of this game is that players attack and defend at the same time!





The Game

The Pitch

11m x 7m

The Court

The length of the pitch is divided into two halves by a centre-line which creates two courts, one for each team as shown in Figure 1.1, Line AB.

Each court is further divided by a Checking Line (line CD) which runs parallel to the centre-line. During the course of the raid, a raider must cross the Checking line at least once with both feet over the line at the same time. This is to force the raider to venture deep into the opponents court.

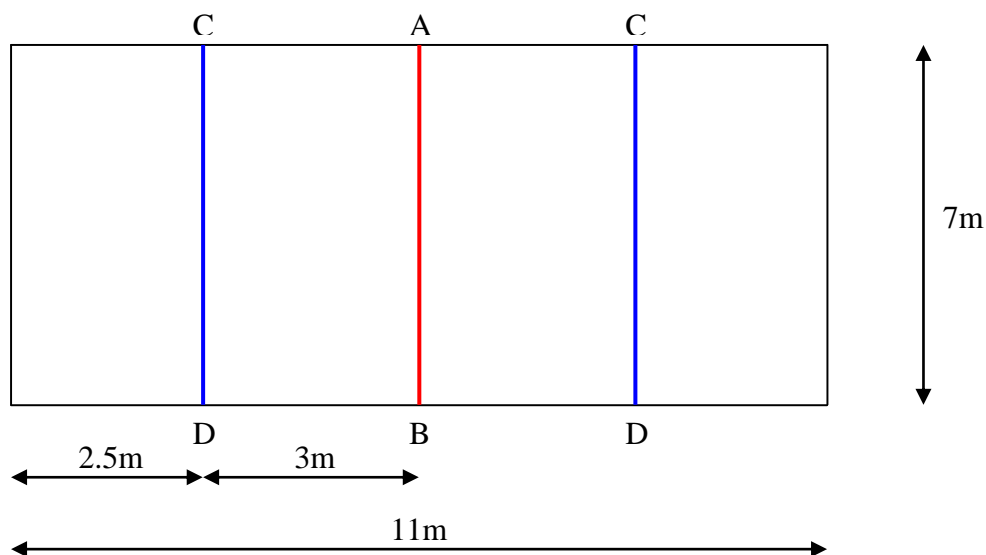


Figure 1.1
– Kabbadi
Pitch

Duration

A match will last a total of 12 minutes (6 mins per half) with a 30 second changeover break.



The Rules

A team consists of 7 players with a maximum of 2 substitutes allowed per team. A player once replaced cannot take part in the game from then onwards.

In Kabaddi, two teams compete with each other for higher scores by touching or capturing the players of the opposing team. The two teams compete for a higher score, alternating in raiding and defending.

There are two halves in a Kabbadi match. In the second half of the match the teams swap sides of the pitch.

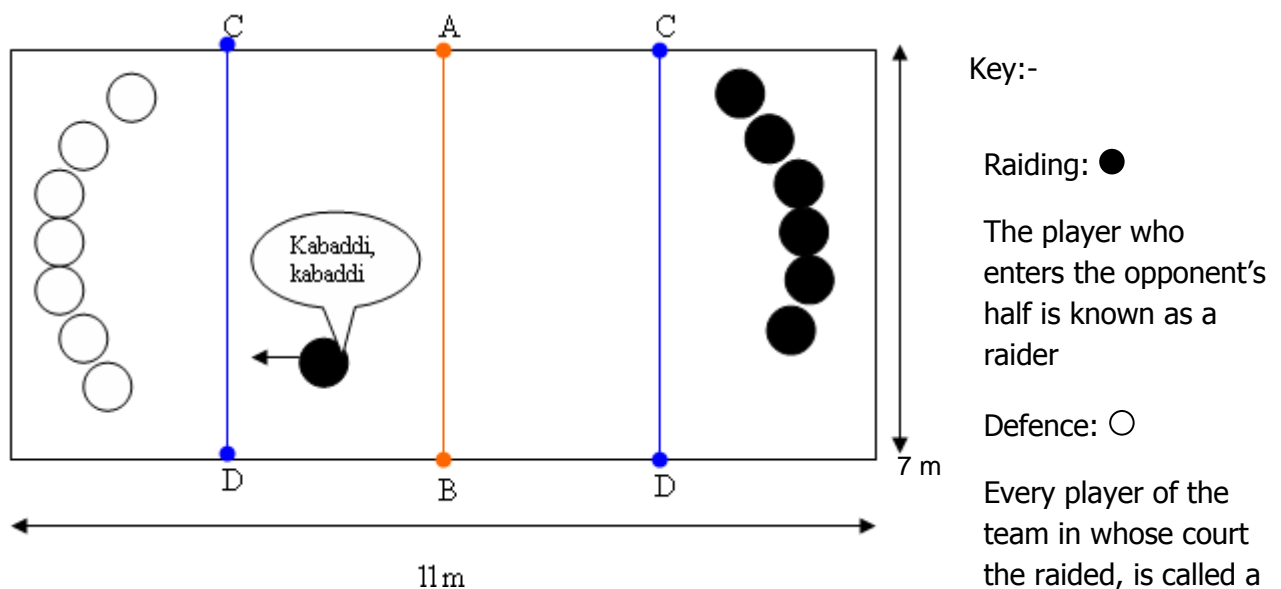


Figure 1.2 – Layout of players on Kabbadi pitch

- One side (decided by the referee) sends a 'raider', who enters the opponent's half repeating 'kabaddi, kabaddi...'
- The raider's aim is to touch as many players on the opposing side and return to his court in one breathe.
- Every person that the raider touches adds 1 point for the raiding team so long as the raider makes it back to his side without losing his breathe.



- The aim of the opposing team is to catch the raider and stop him from returning to his own court.
- The raider must cross the checking line with two feet. Failure to do so results in a point for the defending team, unless the raider has touched a defender.
- Each team alternates in sending a player into the opponent's court. Only one player will raid at a time. If two raiders from the same team cross the centre line, both will return to their territory, their turn is lost and a point awarded to the opposing team.
- The objective of the defending team is to either avoid being touched or to tackle the raider and hold him in their half of the court until he loses his breath. If he is caught, the defending team get a point.

Boundaries

- All team members must stay within the court boundaries
- If any opposing team members has both feet outside the court boundary then a point is awarded to the raider's team.
- If a raider goes out of court with both feet then he has to go back to his court and one point is awarded to the other team

Chant

This is the continuous repetition of the word 'Kabbadi' in one breathe by the raider as proof that he is holding his breath and the referee must be able to hear it clearly.

Losing the Chant

Taking a breath or breaking the continuous chant of 'Kabaddi' is called losing the breath. The raider must abort his raid and leave the opponents' half. Also, if the raider is touched by a defender after losing his breath and before he gets back to his own half then he concedes a point. Therefore, the raider must start saying "kabbadi" as they enter the opposing half and stop when they return back to their own half to avoid losing points.

Tactics

Raiding tactics

- Mule Kick: a sudden kick from a sitting position.
- Sweep: getting very low and sweeping round with an out stretched leg.
- Follow-On: a sudden, quick raid is sometimes very successful. A raider may leap into action from his court in the opponent's court.
- Snap-action turning and dodging: quick unpredictable movements may take a defender by surprise.

Note: No kicks are allowed to the waist or above



Unfair Tactics

As with all sports there are things that constitute unfair play. In all such cases the referee will warn the team responsible and may award points to the opposing team.

- A player cannot try to stifle a raider's chant by shutting his mouth
- Players cannot restrain a raider in a scissors like grip with their legs or take them down by kicking their legs away.
- Punching and slapping is not permitted.
- Players cannot deliberately push a raider out of the court.
- A tackle must be to a part of the raider's body (apart from the neck). Holding on to the vest, shorts, bottoms or hair is not allowed.
- A team cannot take more than five seconds from the end of the opponent's raid before sending in their own raider.
- Not chanting properly is unfair and officials will be very vigilant to make sure of a continuous chant.

Officials

- A match is supervised by two officials - a time & score keeper and a referee.
- The referee is the final authority on the field.
- He has the power to warn, to declare points for or against and to disqualify any player or team for violating the rules or resorting to unfair tactics.

Types of whistles

a)	Start the Match	Long whistle followed by a short whistle
b)	Call back the raider	2 short whistles
c)	Declare number of points	Raise one hand showing the number of points and a short whistle
d)	Dangerous play	Continuous short whistles
e)	Changeover	Cross arms and long whistle followed by short.
f)	End of match	Long whistle followed by short whistle



Summary of Scoring

- Every time a raider makes a successful raid, his team wins as many points as the number of opposing players that were touched.
- If a raider is unsuccessful, i.e. he loses his chant, fails to cross the checking-line or steps out of the court, the opposing team wins 1 point.
- If a player plays dangerously or unfairly, the referee may award a point to the other team or force the team to substitute the player.

NOTE:

The referee's decision is final

The duration time is provisional and subject to change



4. Kho – Kho

The game of Kho-Kho is based on natural principles of physical development and fosters a healthy combative spirit amongst the youth.

It calls for high physical fitness, agility, speed, stamina and a strong purposeful determination in a player. Dodging and controlled sprinting makes the game exciting and interesting to watch.

The play is governed by specific rules of the game approved by the Kho-Kho Federation of India.

Field

A good, levelled field measuring 21m x 16m with a 3m end free zone on two sides. See diagram below

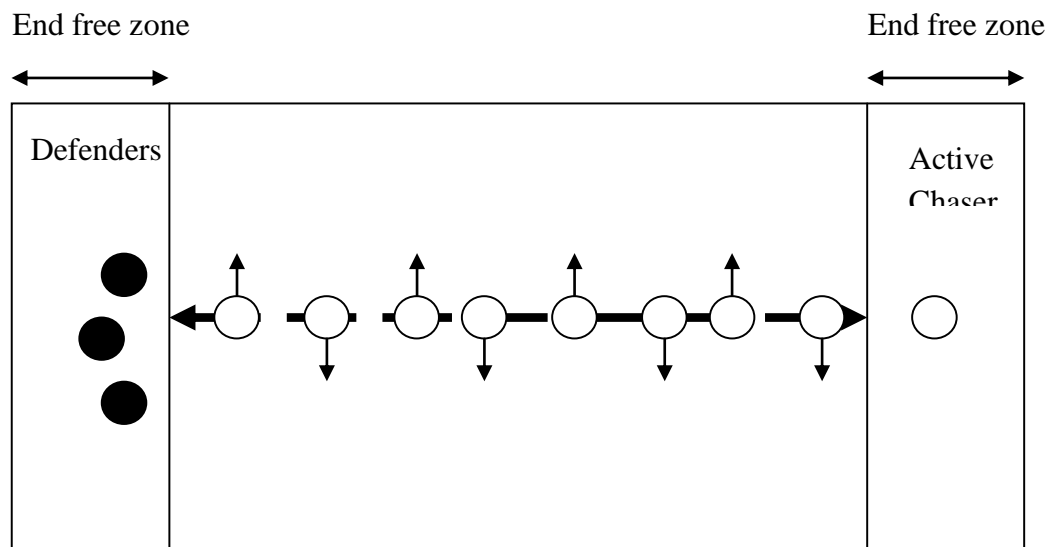


Figure 2.1 – Kho-kho pitch



Officials

- **1 Referee**
Generally supervises the conduct of the play and awards points or fouls to the teams.
- **1 Time & Score Keeper**
Checks time & scores and announces the scores at the end of the match.

Teams

A team consists of 9 players and 2 substitutes per team. There is NO limit on the number of male and female participants.

Chasers: The team that lines up in the middle of the pitch and are sitting down. Their aim is to catch the Runners.

Runners: Runners who come inside the pitch in a batch of three and aim to avoid being caught by the Chasers.

Match

A complete match is 8 minutes long: 3½ minutes each way with interval of 1 minute.

Types of whistles

- | | |
|--------------------|------------------------------------------|
| a. Start the Match | Long whistle followed by a short whistle |
| b. Defender out | One short whistle |
| c. Foul committed | Two short whistles |
| d. End of match | Long whistle followed by a short whistle |

The Rules

- The chasing team will consist of 8 chasers seated and one active pursuer. The passive chasers (those who are seated) must have one knee on the ground at all times.
- The running team will enter the area in batches of three. Only when all three are out will the next batch of three be allowed to enter.
- Pursuing players may not change direction (except when in the end free zone), and may not cross the centre line.
- Defending players can run in any direction, and may cross the centre line.
- 'Kho' will be given to the back of a seated chaser and can only be given when at least one foot is behind the seated player. The seated player should rise immediately when 'Kho' is given to them.



- If the whole team has been caught out, then play will continue in the same order of batches as started, until time runs out.
- The attacking team must give 'Kho' after a batch of three is out before the new batch can be caught. Similarly, the new batch must enter the boundary before the next 'Kho' is given.

Fouls

A foul will be given when a pursuing player:

- Changes their running direction whilst outside the end zone (running direction is determined by the direction of the pursuers shoulders when sitting or the direction in which a chaser steps first).
- Steps outside the boundary with both feet
- Has his shoulders in one direction, and then runs in another.
- Stands up before being given 'Kho'.

Out

A runner is out when he/she:

- Is touched by an active chaser by hand without violating the rules of the game.
- Steps outside the boundary with both feet

A runner is not given out when:

- The pursuing player is committing, has committed or goes on to commit a foul immediately after catching a defender (judged at the referees discretion)
- When the pursuing team has not given 'Kho' prior to chasing the new batch.

Summary of Scoring

- The chasing team scores 1 point for each Runner who is 'out'.
- For every foul committed, ½ a point is deducted from the pursuing team
- E.g. if chasers have caught 6 runners but have 10 fouls that would mean that the overall score for the chasers would be 1 point (6 – 5).

Tips for Chasers

- Shoulder-direction and not the movement of the head determine a chaser's direction.
- Try and anticipate a runner's movements to have a better chance of catching them
- On indication of a foul, it is ok to take the wrong direction to give Kho quicker
- Appearing to give 'Kho' but not actually saying it may fool the runners



Tips for Defenders

- Listen to the 'Kho' before tracing the route further.
- Avoid standing close to the end free zones.
- If possible, observe the opposition prior to your game, and be sure not to stand near their best players

Note:

The referee's decision is final

The duration time is provisional and subject to change



5. Football

Number of players

- (a) The match is played by two teams consisting of 6 players, one of whom is the goalkeeper.
- (b) Three substitutes per team are permitted at any time during a game, subject to conditions set out in the laws of the game.
- (c) A match will not be considered valid if there are fewer than 4 players in either of the teams.

Players Equipment

Light footwear without blades or studs (metal or plastic) is to be worn. Please also note that football will be played outdoor on rubber crumb pitches. Therefore, appropriate clothing must also be worn.

Duration of the game

The duration of a game is 9 minutes. Allowance shall be made for time lost through stoppages.

There will be a 30 second half time in which there teams will swap sides

Note – this is subject to change, depending on venue restrictions.

Start of play

- (a) The start of the game shall begin at the centre circle where possession is decided by a coin toss.
- (b) After a goal is scored play is resumed from the centre circle by the conceding team.



Ball in and out of play

The ball shall be in play at all times from the start of the game unless:-

- a) The whole of the ball crosses the goal line or touchline.
- b) The game has been stopped by the referee.
- c) The ball has been kicked above head height. (Head height is determined by the referee at the start of the match).

Note:

When the ball goes out of play it should be returned to play in accordance with the laws of the game except goal kicks - which may be taken from any point within the goal area, provided the ball is stationary.

Offside

There is no offside

Substitution

A substitution can only be made when the ball is out of play and after notifying the referee. Once a player has been substituted, he cannot come back into the game again.

Method of scoring

Method of scoring is in accordance with the laws of the game except:

The goal area – only the defending goalkeeper is allowed in the goal area. No other player is allowed in the goal area.

Penalty for infringements are:

- By the defence - Penalty Kick
- By the attack - Direct Free Kick at the point of entry into the area
- If the ball is touched by the keeper outside the area – Penalty Kick
-

Free Kicks

- All opposing players must stand at least two yards from the ball for all free kicks against them.



- All free kicks are direct and the ball must be kept below head height.
- A free kick is awarded if the ball goes above head height to the team opposite to the player who the ball touched last.

Play in the goal area

- Only person allowed in goal area is the goalkeeper, if opposition sets foot in the area a free kick is given to the defending team. But if the defending team steps foot in the area a penalty is awarded to the opposition.
- If goalkeeper makes a save and ball goes above head height, play is stopped and the ball is returned to the goalkeeper hands.
- Goalkeeper must throw the ball out within 5 seconds of the ball entering the area, regardless of ball being in the goalkeepers hands or on the floor

Serious foul play

- Should any player deliberately prevent a goal scoring chance (e.g. a player clean through with only the goalkeeper to beat) by taking his legs away or blatantly holding him back, he shall be sent off.
- This also applies to goalkeepers deliberately handling the ball outside their area or bringing an opposing player down outside their goal area.
- Any interference from goalkeeper outside the area results in a penalty.
- Slide tackles are banned from all play. Whether the player wins the ball or not, a free kick is awarded and the infringing player will be cautioned. Serious contact in a slide tackle results in a red card and the player must leave the match and cannot be replaced.

Throw in

When the whole of the ball passes over the touchline either on the ground or in the air, a player opposite to that of the player who last touched it shall throw it from the point where it crossed the line in any direction. The thrower at the moment of delivering the ball must face the field of play and the heel of each foot shall be on the touchline or against the barrier. Only underarm throws are permitted.

Note:

The referee's decision is final

The duration time is provisional and subject to change



6. Netball

Playing the Game

Starting or Restarting the Game

- Centre passes are taken alternately by the two Centres', after a goal has been scored.
- All players must start in the goal thirds except the two Centres.
- The Centre with the ball starts with either one or both feet in the Centre Circle (if on one foot then the other must not have contact with the ground outside the Centre Circle) and must obey the footwork rule after the whistle has been blown.
- The opposing Centre stands anywhere within the Centre Third and is free to move.
- The Centre pass must be caught or touched by a player in or landing in or jumping from a stance in the Centre third.

Playing the Ball

- A player who has caught the ball shall play it or shoot for goal within 3 seconds
- A player may bounce or bat the ball once to gain control
- Once released, the ball must next be touched by another player
- There must be room for a third player between the hands of the thrower and catcher
- A player on the ground must stand up before playing the ball

Footwork

Having caught the ball, the player may land or stand on:

- One foot – while the landing foot remains grounded, the second foot may be moved anywhere any number of times, pivoting on the landing foot if desired. Once the landing foot is lifted, it must not be re-grounded until the ball is released.
- Two feet (simultaneously) – once one foot is moved, the other is considered to be the landing foot, as above. Hopping or dragging the landing foot is not allowed.

Scoring a Goal

Only Goal Shooter or Goal Attack can score – they must be completely within the circle when the ball is received in order to shoot for goal.



Toss up

This is administered for all simultaneous infringements. The two players stand facing each other at their own shooting ends with hands by their sides and the umpire flicks the ball upwards not more than 600m (2ft) in the air as the whistle is blown.

A **FREE PASS** is awarded for infringement of any of the preceding rules. It may be taken by any player allowed in that area, as soon as they have taken up a stationary position. (A player may not shoot from a free pass in the shooting circle).

Obstruction

- Player with ball: the nearer foot of the defender must be 0.9m (3ft) from the landing foot of the player with the ball, or the spot where the first foot had landed if one has been lifted. The defender may jump to intercept or defend the ball from this 0.9m (3ft) distance.
- Player without ball: the defender may be close, but not touching, providing that no effort is made to intercept or defend the ball and there is no interference with the opponent's throwing or shooting action. Arms must be in a natural position, not outstretched, and no other part of the body or legs may be used to hamper an opponent.
- Intimidation or any kind is classed as obstruction.
- A standing player is not compelled to move to allow an opponent a free run, but dangerous play must be discouraged e.g. moving into the landing space of a player already in the air or stepping late into the path of a moving player.

Contact

- No player may contact an opponent, either accidentally or deliberately, in such a way that interferes with the play of that opponent or causes contact to occur.

A **PENALTY PASS** (or **PENALTY SHOT** if in the shooting circle) is awarded for the above infringements taken from where the infringement occurred. The offending player must stand out of play beside the thrower until the pass or shot has been taken. Any opposing player allowed in that area may take the penalty.

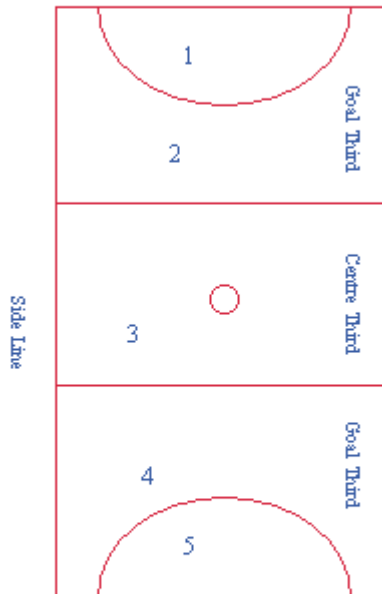
Duration

Each netball match will be played for 10 mins in total not including a 30 second half time.



PLAYING POSITIONS

Each playing position has a specific area of the court in which to play:



Goal Shooter	GS	Areas 1, 2
Goal Attack	GA	Areas 1, 2, 3
Wing Attack	WA	Areas 2, 3
Centre	C	Areas 2, 3, 4
Wing Defence	WD	Areas 3, 4
Goal Defence	GD	Areas 3, 4, 5
Goal Keeper	GK	Areas 4, 5

Rules Summary: Court Diagram

Positional Responsibilities

Each position has a main role to play:

- **GS**
To score goals and to work in and around the circle with the GA.
- **GA**
To feed and work with GS and to score goals.
- **WA**
To feed the circle players giving them shooting opportunities.
- **C**
To take the Centre Pass and to link the defence and the attack.
- **WD**
To look for interceptions and to prevent the WA from feeding the circle.



- GD
To win the ball and reduce the effectiveness of the GA.
- GK
To work with the GD and to prevent the GS from scoring goals.

Rules Summary

Court Areas

Offside: Player moving out of own area, with or without ball (on a line counts as within either area)

Over a Third: Ball may not be thrown over two transverse lines without being touched

Out of Court: Ball is out of court when it contacts anything outside the court area (not the goalpost). The ball is returned into play by a Throw-In taken from a point outside the line where the ball left the court. The player stands with foot close to the line, and the ball must be thrown onto the court within three seconds.

Note

The referee's decision is final

The duration time is provisional and subject to change



7. Cricket

Number of players

Teams shall consist of 6 players each selected from a squad of 8. Teams with less than 5 players shall forfeit the match. The fielding team shall have at any one time, one bowler, one wicket keeper and 4 fielders. Each team must also consist of minimum 3 women in the squad of 8.

The Rules

- Each match shall consist of one innings per team
- Each innings shall consist of a maximum of 5 six ball overs
- No bowler shall bowl more than one over (in the case of a bowler becoming incapacitated, the over shall be completed by a bowler who has not bowled an over)
- Two batsmen shall be at the wicket at all times during an innings. In the event of a team losing five wickets within the permitted 5 overs, the last man shall continue batting with the fifth man out remaining at the wicket as a runner
- When a batsman reaches a personal total of 15 he shall retire, but may return to the crease in the event of his side being dismissed within the 5 overs. Retired batsmen must return in the order of their retirement and take the place of the retiring or dismissed batsman. Two 'live batsmen' shall be at the wicket until such time as the fifth wicket has fallen.
- A valid bowling action is one that is similar to a darts throw. The shoulders must be square to the wicket and the starting point of the bowl to be from just behind the ear.
- If the bowler bowls short of the halfway mark (judged by the umpire) a no ball shall be called. In addition if the ball reaches or passes the batsman at or above shoulder height standing at the crease in his normal stance, a 'no ball' shall be called. Either umpire may call this.
- The laws relating to wides shall be strictly interpreted by the umpire.
- The bowling team shall only bowl from one end of the hall. Therefore at the end of each over the batsmen will swap ends.
- Out of the 6 players permitted in the fielding team, one must be a wicket keeper.



The Result

The team scoring the most runs in its innings shall be the winner. If the scores of both teams are equal, then the team losing the fewer wickets shall be the winner. If the teams are still equal, then each member of both teams shall bowl one ball (overarm) at the stumps: the team hitting the stumps the greater number of times shall be the winner.

Run Scoring

The scoring for indoor cricket shall take place as follows:

1. A ball struck to hit the boundary wall behind the bowler without touching the floor or any other wall or ceiling shall count as 6 runs. If, however the ball touches the floor, but does not touch any other walls or the ceiling and hits the boundary wall behind the bowler, then it shall count as 4 runs.
2. A ball struck to hit the ceiling or one or more of the side walls or back walls shall count as one run, even if the ball subsequently hits the boundary wall. Two additional runs shall be scored if the batsmen complete a run. (If the ball is struck to hit the ceiling or side or back wall and a batsman is then run out 1 run shall be scored).
3. Any ball that is struck backwards is permitted and should it hit the back or side wall behind square, it will result in one run to the batsmen. This is added onto any runs completed by the batsmen.
4. Two runs shall be scored if the batsman plays the ball and it doesn't hit a wall, but the batsmen still complete a run.
5. A bye shall count as 1 run if the ball hits a wall. A leg bye shall count as 1 run if the ball hits a wall. In each case if the batsmen complete a run 2 additional runs shall be scored.
6. Two byes or 2 leg byes shall be scored if the batsmen complete a run without the ball hitting a wall.
7. No Ball



In addition to the normal no ball rules, a no ball may be called by either umpire if the ball is deemed to have pitched less than halfway down the wicket (judged by the umpire) or if the ball reaches the batsman (standing in his normal stance) at shoulder height or above.

- a) A no ball shall score one penalty run, recorded as a No-Ball extra, in addition to any other runs scored under b), c) and d) below.
- b) If the striker hits a No-Ball, the number of runs resulting as specified in rules 1-3 above shall be added to his score
- c) If the Batsman does not strike the ball and completes a run, two runs shall be credited under No-Ball extras. If the ball hits the ceiling or any wall, an additional run shall be scored as a No-Ball extra
- d) If the batsman does not hit the ball and the ball goes on to hit the ceiling or any wall, one run shall be scored as a No-Ball extra.

8. Wide

- a) A wide ball shall score one penalty run, recorded as a wide, in addition to any runs scored under b) and c).
- b) If a wide Ball hits the ceiling or any wall (including the boundary wall) one run shall be credited under extras
- c) If the batsmen complete a run, two runs shall be credited under extras

9. An overthrow hitting any wall shall count as 1 run to the batsman (the batsmen shall not change ends in this instance).

10. No run shall be scored if a batsman is caught out off the walls or ceiling.

11. If the ball becomes stuck in the netting, a dead ball shall be called, unless it is stuck in the netting of the boundary wall behind the bowler and would in the opinion of the umpire, have resulted in a 6 or a 4 being scored. Furthermore if the ball runs down the netting and a player is caught a dead ball shall be called. However if the ball merely deflects off the netting or a goalpost and is caught out, the dismissal will stand.

12. The batsman or the non-striker shall not be given out if the ball rebounds from a wall or ceiling and hits a wicket without being touched by a fieldsman.



Methods of Dismissal

Apart from the normal methods of dismissal contained in the Laws of Cricket, the following variations shall apply:

- The batsman shall be caught out by a fieldsman after the ball has hit the ceiling, the netting or any part of the wall, except directly from the boundary wall, provided the ball has not touched the floor.
- The last not out batsman shall be given out if the non striker running with him is run out.

NOTE:

The referee's decision is final

The duration time is provisional and subject to change



8. Contacts

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