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**PARA AMATEUR KABADDI FEDERATION OF INDIA  
(PAKFI)**

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# **ATHLETE CLASSIFICATION RULES & REGULATIONS as of January 1<sup>st</sup> 2026**

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# **Para Amateur Kabaddi Federation Of India**

**Recognised by : Paralympic Committee of India**

**Affiliated to : Para Asian Kabaddi Federation**



## **1. Introduction to Para Kabaddi**

Para Kabaddi is an adapted version of Kabaddi designed to allow athletes with impairments to participate in competitive sport. To ensure fair competition, athletes are classified based on the **type and severity of their impairments and their functional ability to perform Kabaddi movements**.

For the current edition of the Para Kabaddi National Championship, the competition will include athletes with physical impairments to ensure **balanced competition, safety of athletes, and effective event management**.

## **2. Why Classification is Needed**

Classification is essential in Para Kabaddi to ensure **fair and meaningful competition** among athletes with different types and levels of impairments. In line with the principles of the International Paralympic Committee (IPC) Classification Code, athletes are grouped into sport classes based on how their impairment impacts their ability to perform the key activities of the sport.

A proper classification system helps determine **athlete eligibility**, ensures that athletes compete against others with **similar activity limitations**, and promotes fairness so that competition outcomes are determined by **skill, training, and strategy rather than the level of impairment**.

Implementing an internationally aligned classification system also strengthens the **credibility, integrity, and global development of Para Kabaddi**, supporting its long-term goal of recognition within the Paralympic sport movement.

## **3. Eligible Impairment Categories for Para Kabaddi**

Para Kabaddi is intended to provide participation opportunities for athletes with a range of impairments. As the sport develops, multiple impairment categories may be included in competition.

The following impairment types may be considered eligible within the Para Kabaddi classification framework.

### **PHYSICAL IMPAIRMENTS**

#### **1. Limb Deficiency and/or Limb Length Difference**

Limb Deficiency refers to the **total or partial absence of bones or joints in the upper or lower limb as a result of congenital limb deficiency or acquired amputation**. Limb Length Difference refers to a **significant shortening of one limb compared to the other due to congenital conditions, injury, or disease**.

These impairments may lead to **activity limitations affecting balance, running, change of direction, stability, and force generation**, which are essential components of performance in Para Kabaddi. Classification therefore evaluates the **extent to which the impairment impacts sport-**

**specific activities** in accordance with the principles of the International Paralympic Committee classification system.

Examples of health conditions that may lead to limb deficiency or limb length difference include:

- **Amputation** resulting from trauma, illness, or medical surgery
- **Congenital limb deficiency (dysmelia)** where part of a limb did not develop at birth
- **Bone loss due to injury or disease**
- **Significant leg length discrepancy** caused by congenital conditions, fractures, or growth disorders

## 2. Impaired Muscle Power

Impaired Muscle Power is a condition in which there is a **reduction in the force generated by muscles or muscle groups**, resulting from a health condition that affects the **nervous system, muscles, or neuromuscular junction**.

This impairment may limit an athlete's ability to perform sport-specific activities such as **running, pushing, pulling, maintaining stability, and resisting opponents**, which are essential for effective performance in Para Kabaddi. Classification therefore evaluates the **extent to which the impairment impacts functional performance in the sport**, consistent with the principles of the International Paralympic Committee classification system.

Examples of health conditions that may cause impaired muscle power include:

- **Muscular dystrophy**
- **Spina bifida**
- **Poliomyelitis (polio)**
- **Peripheral nerve injury**

These conditions reduce the **ability of muscles to generate force**.

## 3. Impaired Passive Range of Movement

Impaired Passive Range of Movement is a condition in which there is a **restriction or loss of movement in one or more joints**, caused by structural changes to the joint, muscles, tendons, or ligaments. This limitation reduces the normal range through which a joint can be moved.

Such impairment may affect an athlete's ability to perform key Para Kabaddi movements including **bending, reaching, lunging, balance, and rapid changes of direction**. Classification therefore evaluates the **extent to which the restricted joint movement impacts sport-specific performance**, in line with the principles of the International Paralympic Committee classification system.

Examples of health conditions that may lead to impaired passive range of movement include:

- **Joint contracture** restricting movement in a joint
- **Arthrogryposis** causing stiff joints from birth
- **Ankylosis** (abnormal stiffening or fusion of a joint)
- **Severe joint damage from injury or disease**

These conditions limit the **normal movement of joints**.

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## 4. Classification Process

Athletes participating in the Para Kabaddi Nationals will undergo a **four-stage classification process**.

### Stage 1 – Underlying Health Condition (UHC) Assessment

Verification of the athlete's medical condition through medical documents and diagnosis.

### Stage 2 – Eligible Impairment (EI) Assessment

Evaluation to confirm that the athlete has an impairment recognized for Para Kabaddi.

### Stage 3 – Minimum Impairment Criteria (MIC) Assessment

Assessment to ensure the impairment meets the minimum level required to compete in Para Kabaddi.

### Stage 4 – Sport Class Assessment & Designation of Sport Class Status

Athletes are assigned a sport class and classification status based on their functional ability in Kabaddi-specific movements.

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## 5. Terminology and Definitions Used in Classification

### Unilateral Impairment

An impairment affecting **one limb on either the left or right side of the body**. The impairment may involve the upper limb or lower limb and may impact the athlete's functional ability during sport-specific activities.

#### Examples include:

- Unilateral **below-knee or above-knee amputation**
- Unilateral **upper limb deficiency**
- Unilateral **joint movement restriction**
- Muscle weakness affecting **one limb**

### Bilateral Impairment

An impairment affecting **both limbs of the same limb segment**, such as both lower limbs or both upper limbs. This may result in greater functional limitations in balance, mobility, or force generation during sport activities.

## Examples include:

- Bilateral **below-knee amputation**
- Bilateral **limb deficiency**
- Bilateral **restriction of joint movement**
- Bilateral **muscle weakness in the lower limbs**

## 6. Para Kabaddi Sport Classes

### Current Impairment Category for Para Kabaddi Nationals

At present, Para Kabaddi will include **only Physical Impairments**.

Code	Impairment Category
P	Physical Impairment

### Scope of Physical Impairments

For Para Kabaddi, classification shall include **both upper limb and lower limb physical impairments**.

Athletes may present impairments affecting:

- **Upper limbs** (hand, forearm, elbow, arm, or shoulder)
- **Lower limbs** (foot, ankle, knee, thigh, hip, or entire leg)

Classification will evaluate how the impairment **affects Kabaddi performance**, particularly in activities such as:

- Running and acceleration
- Change of direction
- Balance and body control
- Raiding reach and touch ability
- Defensive tackling and grip strength

Athletes with impairments in either the **upper limb, lower limb, or both** may be eligible for Para Kabaddi classification.

## Sport Classes for Physical Impairment

Athletes with physical impairments shall be assigned to the following classes:

Classification Code	Description
PK-P1	Severe activity limitation
PK-P2	Moderate activity limitation



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Classification Code	Description
PK-P3	Mild activity limitation
PK-P4	Minimal activity impairment

## 7. Team Composition Rule

To ensure fairness, teams must include a mix of sport classes. The total combination of players on the mat should follow classification guidelines so that teams do not gain advantage by selecting only athletes with minimal impairments.

## 8. National Competition Structure

The Para Kabaddi Nationals will include:

- State-level team participation
- Classification of athletes before competition
- Matches conducted according to Para Kabaddi rules
- Identification of top athletes for future international representation

**For the Para Kabaddi National Championship, athletes with physical impairments such as limb deficiency, impaired muscle power, impaired passive range of movement, and leg length difference will be eligible to compete. These athletes will undergo the four-stage classification process and will be assigned to sport classes PK-P1 to PK-P4 based on their functional ability in Kabaddi.**

## **Para Kabaddi Sport Classes (PK-P1 to PK-P4)**

Athletes participating in the **Para Kabaddi Championship (Physical Impairments category)** shall be classified according to the **functional impact of their physical impairment on Kabaddi performance**.

The classification process evaluates the athlete's ability to perform essential Kabaddi activities, including:

- Running and acceleration
- Balance and body control
- Change of direction
- Raiding movements
- Defensive tackling ability

Based on this evaluation, athletes shall be assigned to one of four sport classes:

**PK-P1, PK-P2, PK-P3, or PK-P4.**

Only **physical impairments** shall be considered in this classification system for the Para Kabaddi Nationals.

Athletes with **neurological or intellectual impairments are not included in the current Para Kabaddi National Championship classification structure.**

### **Minimum Impairment Criteria (MIC)**

To be eligible for participation in Para Kabaddi Nationals, an athlete must have an **eligible physical impairment that results in activity limitation affecting Kabaddi-specific movements**.

The impairment must meet at least one of the following criteria:

- **Amputation or congenital absence** of part of the hand, arm, foot, or leg
- **Leg length difference** of approximately **5 cm or greater**
- **Permanent restriction in passive range of movement** affecting major joints such as the shoulder, elbow, hip, knee, or ankle
- **Permanent muscle weakness** that affects functional movements such as running, balance, reaching, pushing, or gripping

Athletes whose impairments **do not meet the Minimum Impairment Criteria** will be considered **Not Eligible (NE)** for Para Kabaddi competition and will not be assigned to sport classes **PK-P1 to PK-P4**.

## Sport Class Definitions

Sport classes in Para Kabaddi are designed to group athletes according to the **extent to which their eligible impairment affects their ability to perform key Kabaddi activities**, including running, change of direction, balance, raiding reach, and defensive tackling.

Athletes who meet the **Minimum Impairment Criteria (MIC)** will be allocated to one of the following sport classes based on the **functional impact of their impairment**.

The impairments listed under each class are **examples only**. Final classification is determined through the **official classification assessment process**.

### **PK–P1 – Severe Activity Limitation**

PK–P1 athletes have **severe limitations in mobility, balance, and stability** during Kabaddi movements.

These athletes experience significant difficulty performing running, rapid direction changes, and physical contact movements.

**Examples of impairments that may fall in this class include:**

- Unilateral **above-knee amputation**
- **Bilateral below-knee amputation**
- Loss of an entire **lower limb at or above the knee**
- Severe restriction of **hip or knee joint movement**
- Severe **muscle weakness in one or both lower limbs**

#### **Functional Characteristics**

- Very limited running ability
- Major difficulty maintaining balance while moving
- Very limited ability to change direction quickly
- Reduced power during raiding and defensive tackling

PK–P1 represents the **highest level of activity limitation** in Para Kabaddi.

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### **PK–P2 – Moderate Activity Limitation**

PK–P2 athletes have **moderate limitations** affecting mobility, agility, and stability during Kabaddi play.

These athletes are able to run and participate actively but experience noticeable limitations in speed, balance, and directional movement.

**Examples of impairments that may fall in this class include:**

- Unilateral **below-knee amputation**

- **Foot amputation through the ankle joint**
- **Significant restriction of knee or ankle joint movement**
- **Loss of multiple toes affecting push-off during running**
- **Moderate muscle weakness in one lower limb**

## Functional Characteristics

- Able to run but with **reduced speed and efficiency**
- Difficulty performing **rapid directional changes**
- Reduced stability during **defensive movements**
- Moderate reduction in explosive movements

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## PK–P3 – Mild Activity Limitation

PK–P3 athletes have **mild physical impairments** that cause noticeable but limited restrictions during Kabaddi movements.

Athletes in this class can perform most Kabaddi skills but may experience **reduced balance, push-off strength, or mobility**.

**Examples of impairments that may fall in this class include:**

- **Partial foot amputation**
- **Loss of one or more toes**
- **Moderate restriction in ankle or knee movement**
- **Leg length difference of approximately 5–7 cm**

## Functional Characteristics

- Able to run and change direction with **minor difficulty**
- Slight reduction in **balance or power**
- Able to perform raids and tackles with **limited restriction**

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## PK–P4 – Minimal Eligible Impairment

PK–P4 athletes have the **lowest level of impairment that still meets the Minimum Impairment Criteria (MIC)**.

These athletes generally demonstrate good overall function but still have an impairment that causes a **measurable limitation in Kabaddi-specific activities**.

**Examples of impairments that may fall in this class include:**

- **Minor limb deficiency affecting the hand or foot**
- **Mild restriction in ankle, knee, shoulder, or elbow movement**
- **Leg length difference of approximately 5 cm or greater with limited functional impact**

## Functional Characteristics

- Good running ability
- Stable balance during Kabaddi movements
- Minimal but observable limitation in raiding or defensive play

PK–P4 represents the **lowest level of eligible impairment** in Para Kabaddi.

## Not Eligible (NE)

Athletes whose impairments **do not meet the Minimum Impairment Criteria (MIC)** or do not result in a measurable limitation in Kabaddi performance will be classified as:

### Not Eligible (NE)

These athletes will **not be permitted to compete in Para Kabaddi competition.**

## Team Composition Rule for Para Kabaddi Nationals

Each team shall field **seven (7) players on the playing court** at any time during the match.

Each sport class carries the following **classification points**:

Sport Class	Points
PK-P1	1 point
PK-P2	2 points
PK-P3	3 points
PK-P4	4 points

The **combined total of classification points of the seven players on the court must not exceed 18 points at any time during the match.**

Teams must ensure that **any substitutions also respect the maximum points limit.**

**Note : At least one PK-P1 or PK-P2 athlete must be on the court at all times.**

## Example of a Valid Team Combination

- 2 × PK–P1 players = 2 points
- 2 × PK–P2 players = 4 points
- 2 × PK–P3 players = 6 points
- 1 × PK–P4 player = 4 points

**Total = 16 points (within the 18-point limit)**

## Disclaimers and Classification Policy

### Development of the Classification System

The Para Kabaddi classification system presented in this document is an **initial framework developed for the introduction of Para Kabaddi competitions at the national level**. The system may be reviewed, modified, or expanded in future based on practical experience, expert consultation, and the evolving needs of the sport.

### Scope of the Current Competition

For the **current edition of the Para Kabaddi National Championship**, the classification system applies **only to athletes with physical impairments**. Additional impairment categories may be considered for future Para Kabaddi competitions as the program develops.

### Authority of the Classification Panel

All athlete classifications shall be determined by the **official Para Kabaddi Classification Panel appointed by the organizing federation**. The panel will evaluate athletes based on medical documentation, physical assessment, and functional testing.

**The decision of the classification panel shall be final for the purposes of the competition.**

### Medical Documentation Requirement

Athletes must provide **valid medical documentation** confirming their underlying health condition and impairment.

Failure to provide adequate medical documentation may result in **ineligibility for classification and participation in the competition**.

### Right to Re-evaluation

The classification panel reserves the right to **review or re-evaluate an athlete's sport class** if additional information becomes available or if there is a change in the athlete's functional ability.

### Athlete Safety

The safety of athletes is a priority in Para Kabaddi competitions. The classification panel may restrict or deny participation if an athlete's impairment presents a **significant risk to the athlete or other participants during competition**.

## Non-Eligible Impairments

In accordance with the principles of the International Paralympic Committee Classification Code, an athlete must have an **Eligible Impairment and meet the Minimum Impairment Criteria (MIC)** in order to be considered eligible for classification in Para Kabaddi.

Athletes who do not have an Eligible Impairment, or whose impairment does not meet the Minimum Impairment Criteria, will be deemed **Not Eligible (NE)** to compete in Para Kabaddi. The following conditions are **not considered eligible impairments** for Para Kabaddi competition.

The following conditions are **not considered eligible impairments**.

### Temporary Injuries

Temporary conditions that may improve with recovery or treatment are not eligible.

Examples include:

- Muscle strains
- Ligament injuries such as ankle sprains or ACL injuries
- Temporary fractures
- Post-surgical recovery without permanent impairment
- Fractures that are expected to heal without permanent impairment

### Pain Without Structural Impairment

Athletes experiencing **pain without a permanent structural impairment** are not eligible.

Examples include:

- Chronic pain without joint damage
- Mild discomfort during movement
- Pain or discomfort without measurable structural or functional impairment

### Minor Physical Differences

Small physical variations that do not significantly affect Kabaddi performance are not considered eligible impairments.

Examples include:

- Leg length difference **less than 5 cm**
- Minor joint stiffness without functional limitation

## Temporary Loss of Strength or Mobility

Short-term reductions in strength or mobility caused by illness, fatigue, or lack of training do not qualify.

Examples include:

- Muscle weakness due to inactivity
- Temporary fatigue-related mobility limitations

## Intentional Misrepresentation

Athletes who intentionally misrepresent their impairment during the classification process may face **disciplinary action, including disqualification from the competition and potential suspension from Para Kabaddi events.**

## Classification Status

In addition to assigning a sport class (PK-P1 to PK-P4), each athlete will be given a **classification status** indicating whether their classification may require future review.

The following classification statuses may be used in Para Kabaddi Nationals.

### New (N)

The **New status** is assigned to athletes who are being classified for the first time.

Athletes with this status have not previously undergone a formal Para Kabaddi classification assessment. Their sport class may be subject to review based on further observation or evaluation during competition.

### Review (R)

The **Review status** is assigned when the classification panel determines that the athlete's sport class may need to be reassessed in the future.

This may occur if:

- The athlete has a **recent or changing medical condition**
- The athlete's **functional ability may change over time**
- Additional observation during competition is required

Athletes with Review status may be called for **reclassification at future competitions.**

## Confirmed (C)

The **Confirmed status** is assigned when the classification panel determines that the athlete's impairment and functional ability are **stable and unlikely to change**.

Athletes with Confirmed status are **not normally required to undergo further classification**, unless new medical information becomes available.

## Important Note

*The classification panel reserves the right to change an athlete's sport class or classification status if new medical evidence or functional assessment results become available.*

*1<sup>st</sup> Draft – Dt 01.03.2026*

