

**Understanding of National Kabaddi Rules Among Central Java POMNAS
Athletes 2025**David Prayitno^{1*}, Dias Fajar Widya Permana²² Universitas Negeri Semarang, Semarang, Central Java, Indonesia.**Keywords**

Athlete
Understanding;
Competition Rules;
Kabaddi

Abstract

This study aims to analyze the level of understanding of Central Java Kabaddi athletes to the rules of the National Style number match at POMNAS 2025. The study used a descriptive quantitative approach with a total sampling technique, involving 24 athletes as respondents. The research instrument is in the form of a five-level Likert scale structured questionnaire prepared based on the official regulations of the International Kabaddi Federation (IKF). The data was analyzed using descriptive statistical techniques in the form of percentages. The results showed that the level of athlete understanding was in the good category with a percentage of 81.53%. Most of the athletes are in the good and very good category, although there are still a small number in the fair category. These findings show that athletes have an adequate understanding of the rules of the game, both from technical and non-technical aspects, but are not optimally evenly distributed. Based on these results, it can be concluded that the level of understanding of Central Java Kabaddi athletes towards the rules of the National Style number match is in the good category, so efforts are needed to improve through more systematic socialization and coaching to achieve a more optimal level of understanding.

✉ Corresponding author :
E-mail: davidprayitno688@students.unnes.ac.id

INTRODUCTION

Exercise is a physical training activity to improve and enrich basic movement and skill movement skills (Bangun, 2016). The purpose of exercise is to get physical health and fitness as well as pleasure or recreation (Putro & Widodo, 2020). One of the traditional sports that is becoming popular today is Kabaddi. The sport requires strength, agility, speed, and strategy to succeed (Hendrawan et al., 2023). In 2004, kabaddi began to develop at the international level. Kabaddi has become a popular sport in many countries outside of South Asia and has been recognized by the Asian Olympic Committee. In 2004, kabaddi began to develop at the international level. With the establishment of *Asian Kabaddi Federation* (AKF) and became the 15th sport to be held in Doha, Qatar 2006 (Nabillah et al., 2023). After that, it continued to develop in 2010 which became part of the Commonwealth sports program *Games* held in Delhi, India (Mahyuddin et al., 2021). Kabaddi has two main styles, namely Circle Style and National Style. In Indonesia, the National Style style is the most commonly used form in official championships because it conforms to the standards of the International Kabaddi Federation. The rules of the match in this style cover various aspects, ranging from general rules, technical rules of the game, rules of fouls and penalties, to the duties and authorities of the referee and match officials (Vania Aurellia Azzahra et al., 2024). Understanding each of these aspects is crucial for every athlete so that the match runs fairly, safely, and competitively.

Kabaddi is still relatively new and does not have an equal distribution of coaching in all provinces. Central Java Province is one of the regions that has begun to actively develop this sport (Andani & Junaidi, 2025). However, because it is still in the introduction stage, athletes' understanding of the rules of the match is not optimal. This condition can be seen in the XIX National Student Sports Week (POMNas) 2025 which was held in Central Java, where the kabaddi sport appeared as an exhibition branch (Setiyawan, 2017). Based on observations and results of provisional evaluations at the POMNas exhibition activities, there are still many athletes, especially from the province of Central Java, who have not fully understood the rules of the Kabaddi class match *National Style*. For example, there are still errors in applying the technique *Raid* and *Defense*, misunderstanding of attack timing, ignorance of the bonus system, and ignorance in responding to referee decisions (Kusnandar et al., 2021). This condition indicates that the level of athletes' understanding of the rules of the match is not even and still needs to be improved.

The level of understanding of the rules of the game is an important factor that determines the quality of the game. Athletes who understand the rules well will be able to play effectively, avoid fouls, adapt strategies to match situations, and minimize the possibility of injury. In the journal "*Sports injuries during Kabaddi: a literature review*" by Amit Meena, Amit Kumar Yadav, et al (2025) say Kabaddi is an athletic contact sport that involves strength, aggression, good mind-body balance, agility, and quick reflexes (Abdurrahman et al., 2024). Since Kabaddi is a contact sport, athletes face a higher risk of injury during competitions and training. In the journal "*The Mechanism of Anterior Cruciate Ligament Injuries in the National Football League: A Systematic Video Review*" (Schick, S : 2023 pattern of sports injuries suffered during this sport, with the shoulder (21.25%) being the most common location in the upper limb, followed by the arm (5%), the knee (21.25%) being the location of the most injury to the lower leg, followed by the ankle (13.75%). The lower back accounted for the majority of injuries sustained to the torso (14.25%) (Kurniawan et al., 2025).

Therefore, increasing understanding of the rules of the match needs to be a serious concern for coaches, sports administrators, and competition organizers. In addition, understanding the rules of the match is also closely related to coaching sports achievements. In the context of coaching, the aspect of knowledge and understanding of the rules of the game is part of the cognitive abilities of athletes that need to be developed along with physical aspects and technical skills (Santika & Subekti, 2020).

This phenomenon of low understanding can be caused by several factors, including the lack of socialization of the latest regulations from the federation to athletes and coaches, limited opportunities to participate in referee training or seminars, and differences in perceptions between coaches and athletes regarding the application of rules on the field. As a result, when

athletes are faced with official match situations, they experience confusion or misinterpretation of the applicable rules (Firnanda et al., 2026).

Based on the background that has been presented, the problem in this study does not only lie in the low understanding of athletes of the rules of the match, but also in the uneven distribution of understanding and the lack of optimal mastery of the rules of the match among Kabaddi athletes in Central Java, especially in the *National Style number*. This uneven understanding has the potential to cause differences in interpretation of the rules of the game, so that it can affect the quality of the implementation of the match.

An adequate understanding of the rules of the game plays an important role in supporting the athlete's firm during the match. Athletes who understand the rules comprehensively tend to be able to make decisions more quickly and appropriately according to the game situation, apply strategies effectively, and minimize the occurrence of violations that can harm the team. On the other hand, a lack of understanding can lead to technical errors, inaccuracies in responding to referee decisions, and increasing the likelihood of fouls that impact the course of the match.

The urgency of this research lies in the importance of obtaining a clear picture of the distribution of athletes' level of understanding of the rules of the Kabaddi match number *National Style*. The results of the analysis are expected to be the basis for designing coaching programs, socializing rules, and improving the quality of athletes' understanding to support effective match performance, appropriate decision-making, and minimize violations and matches.

Thus, the formulation of the problem in this study is how the level and distribution of understanding of Central Java Kabaddi athletes towards the rules of the *National Style number* match at POMNAS 2025 in all aspects of the match rules.

METHODS

This study uses a descriptive quantitative approach that aims to systematically describe the level of athletes' understanding of the rules of the National Style kabaddi competition. This approach was chosen because it is able to produce statistically analyzed numerical data without testing the relationships between variables, but instead focusing on the description of phenomena that occur in the field (Evangelist et al., 2025). The research procedure is carried out in stages starting from the preparation of instruments, data collection, data processing, to statistical analysis to answer the formulation of research problems.

Table 1. Feasibility test results

Reliability Statistics	
Cronbach's Alpha	N of Items
0.952	30

The research instrument used was a five-level Likert scale based on a structured questionnaire to measure the level of understanding of athletes. The questionnaire is prepared based on the official regulations of the International Kabaddi Federation (IKF) which covers aspects of general regulations, technical games, violations, and the role of referees. The instrument consists of 30 questions that have been tested for validity through expert judgement and reliability using the Cronbach Alpha formula with very high results ($\alpha = 0.952$), so that it is declared feasible and consistent to be used in research.

Table 2. Research subjects

Gender	Quantity	Presentase %
Male	12	50%
Women	12	50%
Total	24	100%

The subjects of this study are all Central Java kabaddi athletes who participated in the POMNAS XIX Exhibition in 2025, with a total of 24 athletes consisting of 12 male athletes and 12 female athletes. The study used a total sampling technique, so that the entire population was made as a respondent. The object of the research was focused on the level of athletes'

understanding of the rules of the kabaddi match number National Style based on the official standards of the *International Kabaddi Federation (IKF)*.

The type of data used in this study is quantitative data consisting of primary and secondary data. Primary data was obtained directly from respondents through filling out questionnaires, while secondary data came from supporting literature such as kabaddi rulebooks, official documents, and relevant previous research. The combination of these two types of data is used to strengthen the analysis and interpretation of research results.

Data collection was carried out by an online survey method using a Google Form which was distributed to all respondents. This technique was chosen because it is efficient, able to reach all respondents, and maintains data integrity during the collection process. The questions in the questionnaire were arranged in positive and negative forms to increase the validity of the respondents' answers to the level of understanding measured.

Table 3. Classification of answer categories

Answer Categories	Shoes
Very Understanding	5
Understand	4
Enough	3
Lack of understanding	2
Don't Understand	1

Data analysis was carried out using percentage-based quantitative descriptive statistical techniques with the help of IBM SPSS software. The data obtained from the Likert scale is converted into a score, then the percentage is calculated to determine the category of athlete's level of understanding. This approach allows researchers to present a clear empirical picture of the level of understanding of athletes both as a whole and based on each aspect of the regulations.

RESULTS AND DISCUSSION

This study produced the main finding that the level of understanding of Central Java Kabaddi athletes towards the rules of the National Style number match was in the good category with a percentage of 81.53%, which was obtained from a total score of 2,935 out of a maximum score of 3,600. The results of the distribution showed that the majority of athletes were in the good category (70.8%), followed by the very good category (25%), and a small number were in the fair category (4.2%), without any respondents in the low or very poor category. These findings show that in general, athletes have an adequate understanding of the rules of the game, both from technical and non-technical aspects.

Table 4. Distribution of Understanding of Kabaddi Athletes in Central Java

Category	Frequency	Presentase
Excellent	6	25%
Good	17	70,8%
enough	1	4,2%
less	0	0%
very less	0	0%
total	24	100%

The good category in this study shows that most athletes have had sufficient exposure to the rules of the match material, either through the experience of participating in training, championships or through socialization carried out by coaches and administrators of Kabaddi sports. The experience and involvement of athletes in matches and repeated training allow athletes to understand the rules in a practical way, thus supporting the formation of a stable understanding. However, the existence of athletes in the good category above shows that the distribution of understanding is not even among all Kabaddi athletes in Central Java.

In more detail, the results based on five aspects show that: (1). In the aspect of the general rules of the match, the level of athletes' understanding reached a percentage of 82.62% which is also included in the good category. The majority of athletes are in the good and very good category, although there are still a small number of athletes in the fair category. This indicates that the understanding of basic rules such as the duration of the match, the number of players, and the function of the line in the game has been relatively mastered, but it is not optimally evenly distributed to all athletes. The following are the results of the distribution table of the understanding of Kabaddi Athletes in Central Java on the aspect of the general rules of the match:

Table 5. Distribution Understanding of General Rules of Competition

Category	Frequency	Percentage
Excellent	8	33,3%
Good	15	62,5%
Enough	1	4,2%
Less	0	0%
Very less	0	0%
Total	24	100%

In the aspect of technical regulations, athletes are in the good category with a percentage of 83.13%. The majority of athletes are in the good category, the very good category and there is one athlete in the fair category. None of the respondents were in the category of less or very lacking. These results show that some athletes have a sufficient understanding of the technical mechanics of the game, although overall they have not reached the very good category. An understanding of technical regulations is essential for immediate decision-making and strategy effectiveness during the match. **Table 6** is the results of the distribution understanding of Kabaddi Athletes in Central Java on the aspect of the technical regulations of the match.

Table 6. Distribution Understanding of the Technical Rules of the Match

Category	Frequency	Percentage
Excellent	8	33,3%
Good	15	62,5%
Enough	1	4,2%
Less	0	0%
Very less	0	0%
Total	24	100%

In the aspect of understanding technical regulations, regulations, violations and penalties, the level of understanding of athletes obtained a good category with a percentage of 80.33%. The majority of athletes are in the good category, followed by the very good category, and quite a lot of categories. There were no respondents who were in the less or less category. The results show that the majority of athletes have understood the regulations related to violations and penalties in the game, although it is still slightly lower than in the technical aspects of the game. Understanding violations and penalties is important because it is related to behavior control, compliance with rules, and the application of fair play principles in competitions. The following are the results of the distribution table of understanding of Kabaddi Athletes in Central Java on the aspect of violation regulations and punishments:

Table 7. Distribution Understanding of Rules Violations and penalties

Category	Frequency	Percentage
Excellent	6	25,0%
Good	14	58,3%
Enough	4	16,7%
Less	0	0%
Very less	0	0%
Total	24	100%

In the aspect of understanding the rules of referees and match officials, athletes obtained a percentage of 80.67% which shows in the good category. The majority of athletes are in the good category, followed by the very good category, and the fair category. There are no athletes who are in the category of less or very lacking. These results show that athletes have an adequate understanding of the role of referees and officials in the match. The referee has full authority over the course of the match, the decision making of violations, and ensuring that the match runs fairly and orderly. The following are the results of the distribution table of understanding of Kabaddi Athletes in Central Java on the aspect of referee regulations and match officials:

Table 8. Distribution Understanding of Referee Rules and Match Officials

Category	Frequency	Percentage
Excellent	8	33,3%
Good	13	54,2%
Enough	3	12,5%
Less	0	0%
Very less	0	0%
Total	24	100%

In the aspect of general understanding of the rules, the level of understanding of athletes reached a percentage of 79.50% which was included in the good category. The majority of athletes are in the good category, followed by the very good category, and some are in the fair category. There are no athletes who are in the category of less or very lacking. These results show that in general, athletes have an adequate understanding of the overall rules of kabaddi. However, there are still athletes who are in the sufficient category, so it is necessary to strengthen the understanding of regulations more systematically. The following are the results of the distribution table of understanding of Kabaddi Athletes in Central Java in terms of general understanding of the regulations:

Table 9. Distribution of a general understanding of the rules

Category	Frequency	Percentage
Excellent	8	33,3%
Good	10	41,6%
Enough	6	25,0%
Less	0	0%
Very less	0	0%
Total	24	100%

Based on these results, the formulation of the research problem that asks "what is the level of understanding of Central Java kabaddi athletes to the rules of the National Style number match" can be answered that the level of understanding of athletes as a whole is in the good category. This means that most athletes have understood the rules of the game quite comprehensively, but there is still a gap in understanding in a small number of athletes who need improvement.

The results of this study are further analyzed using the theory of understanding in the cognitive realm, especially based on Bloom's Taxonomy which states that understanding includes the ability to interpret, reexplain, and apply a concept. The finding that athletes are in the good

category shows that they are not only aware of the rules, but also quite capable of understanding and applying them in the context of the game. This reinforces that understanding the rules is part of cognitive abilities that play an important role in athlete performance.

These findings are in line with the research of Supriatna, Indrayogi, and Sahudi (2022) which shows that the level of understanding of the rules of the game in athletes plays an important role in optimal readiness to participate in matches. Understanding the rules is not only related to theoretical knowledge, but also the ability to apply the rules in real game situations. Athletes who have a good understanding of the rules tend to be more prepared, more confident, and able to minimize mistakes due to ignorance of the rules of the game (Supriatna et al., 2022).

The practical implications found in this study show that efforts to improve understanding through structured rules-based training, periodic evaluation of athletes' understanding, and regular socialization of regulations are still needed. Training programs that integrate simulation of situations in matches and discussion of violation cases are expected to be able to improve athletes' understanding more evenly and comprehensively.

Based on the overall findings and analysis, it can be concluded that the level of understanding of Central Java Kabaddi athletes to the rules of the National Style number match is in the good category, but has not reached the optimal level evenly. Therefore, efforts are needed to improve through more intensive regulatory socialization programs, regulation-based training, and periodic evaluations so that athletes' understanding can increase to reach the excellent category as a whole.

CONCLUSION

Based on the results of the research that has been carried out, the following results were obtained. Overall, the level of understanding of Central Java kabaddi athletes towards the rules of the match is in the good category with a percentage of (82.62%). There is a variation in the level of understanding of each aspect of the regulation. In the aspect of technical regulations of the game, the level of athlete understanding is in the good category (83.13%), the aspect of the rules of violations and punishment of athletes is in the good category (80.33%), the aspect of referee and match official regulations is in the good category (80.67%), and the general understanding of the rules is in the good category (79.50%). Thus it shows that athletes have a sufficient knowledge base regarding the regulation of the Kabaddi game, so that they can support the implementation of matches in an orderly, competitive, and in accordance with the rules that apply in Kabaddi sports.

REFERENCE

- Abdurrahman, E., Keliat, P., & Swandana, A. (2024). Analysis of the factors that affect the anxiety of Kabaddi athletes in Langkat Regency in winning the prestasi in the North Sumatra Regional Championship match. *Scientific Journal of STOK Bina Guna Medan*, 12(3), 246–252. <https://doi.org/10.55062/SISBM.v12i3.1112>
- Amboro, D. (2017). Visi pendidikan jasmani dan olahraga. *Jurnal Ilmiah Penjas (Loyalitas)*, 3(1), 74–86. <https://ejournal.utp.ac.id/index.php/JIP/article/view/543>
- Andani, E. P., & Junaidi, S. (2025). Relationship between mental toughness and competitive anxiety in Kabaddi athletes in Central Java. *Journal of Physical Education, Health and Sport*, 12(2), 331–335. <https://journal.unnes.ac.id/journals/jpehs/article/view/37784>
- Azzahra, V. A., Lestari, D. A., Aulia, S. A., Fahira, M. A., & Hambali, B. (2024). Types of types of activities in physical education. *Spirit Scientific Journal*, 24(2), 56–65. <https://doi.org/10.36728/jis.v24i2.3581>
- Bangun, S. Y. (2016). The role of physical education and sports in educational institutions in Indonesia. *Journal of Educational Publications*, 6(3), 156–167. <https://ojs.unm.ac.id/index.php/pubpend/article/view/2270>
- Evangelist, A. J., Pudjijuniarto, Wahyudi, H., & Wismanadi, H. (2025). East Java contingent training methods to win medals in Kabaddi sports at PON XXI Aceh – North Sumatra 2024. *Interdisciplinary Social Studies*, 4(4), 640–648. <https://doi.org/10.55324/iss.v4i4.921>
- Firnanda, H., Miskalena, M., Zulfikar, Z., Mansur, M., Fajrial, J., & Karimuddin, K. (2026). Analysis of body posture profiles of raider and defender athletes in Kabaddi. *Path of Science*, 12(1), 2001–2010. <https://doi.org/10.22178/pos.126-8>
- Hendrawan, D., Usman, K., Laia, A. E., & Sianipar, N. S. U. (2023). The potential of Kabaddi as a leading sport in North Sumatra in preparation for PON XXI in 2024. *Jurnal Dunia Pendidikan*, 4(1), 593–606. <https://www.stokbinaguna.ac.id/jurnal/index.php/IJURDIP/article/view/1586>

- Kurniawan, C., Suwarli, & Nurseto, F. (2025). Coaching clinic: Preparation of physical training program for athletes in the Kurash and Kabaddi sports branches. *Journal of Community Service in Education*, 4(2), 219–226. <https://doi.org/10.23960/jpm-ip.vol.4i.2.981>
- Kusnandar, Nurcahyo, T. J., & Budi, D. R. (2021). Fundamental movement skills: Identification of basic exercise movement skills in students. *Jurnal Kejaora (Kesehatan Jasmani dan Olahraga)*, 6(2), 265–270. <https://doi.org/10.36526/kejaora.v6i2.1473>
- Mahyuddin, R., Sudirman, A., & Asyhari, H. (2021). Plyometric effect on increasing VO2max endurance in sulfur Kabaddi athletes. *Jurnal Pendidikan Glasser*, 5(2), 109–115. <https://doi.org/10.32529/glasser.v5i2.1000>
- Nabillah, A. A., Subekti, M., Pauweni, M., & Pakaya, F. (2023). Achievements of women's Kabaddi athletes at the Asian Games. *Bajra: Jurnal Olahraga*, 2(2), 68–77. <https://zenodo.org/records/10205257>
- Putro, A. B., & Widodo, A. (2020). Analysis of the level of understanding of futsal game rules of futsal coaches in Ponorogo Regency. *Jurnal Kesehatan Olahraga*, 8(3), 139–146. <https://ejournal.unesa.ac.id/index.php/jurnal-kesehatan-olahraga/article/view/34488>
- Santika, I. G. P. N. A., & Subekti, M. (2020). The relationship between height and weight to the agility of Kabaddi athletes. *Jurnal Pendidikan Kesehatan Rekreasi*, 6(1), 18–24. <https://doi.org/10.5281/zenodo.3661565>
- Supriatna, N. S., Indrayogi, I., & Sahudi, U. (2022). Survey of the level of understanding of volleyball game rules in athletes in the 16-year-old age group. *Jurnal Respects*, 4(2), 123–137. <https://doi.org/10.31949/respects.v4i2.2585>