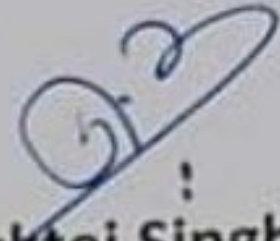


THE EVENTS FOR KALARIPAYATTU

Events				No of Players
Sl.No.	Under 17 (Boys & Girls)	No of Players	Under 19(Boys & Girls)	
1.	Chuvadukal (Individual)	1	Chuvadukal (Individual)	1
2.	Meyppayattu (Individual)	1	Meyppayattu (Individual)	1
3.	Neduvadippayattu (Long Staff Fight) (Team 2 member)	2	Neduvadippayattu (Long Staff Fight) (Team 2 member)	2


(Muktej Singh Badesha)
Chairman,
Technical Committee,
School Games Federation of India

KALARIPPAYATTU EVENTS RULE BOOK

FOR

SGFI GAMES 2026

EVENTS:

1. CHUVADUKAL – Individual Event
 2. MEYPAYATTU – Individual Event
 3. NEDUVADIPPAYATTU – Team Event
 4. CHAVITTIPONGAL – Individual Event (Optional)
-

RULES FOR THE CONDUCT OF THE EVENTS:

1. **CHUVADUKAL:** Chuvadukal (Basic Steps), helps to condition the body for advanced stages of Kalaripayattu movements. It includes salutation and basics of self-defence.

Note: Chuvadukal should be based on the syllabus prescribed by Indian Kalaripayattu Federation (IKF).

Objective: To assess the participant's mastery of foundational footwork and body positioning essential in Kalaripayattu.

Components:

- ❖ Leg movements
- ❖ Combined movement sequences
- ❖ Postural alignment

Scoring Focus:

- Accuracy & Precision
- Fluidity & Stance transitions
- Grace & Perfection



- Rhythm & timing
- Speed & Strength

Duration: Maximum 2 minutes.

2. MEYPPAYATTU: Meyppayattu, the primary level exercises and bodily practices, helps in conditioning the body for any type of movements, stances, and postures.

Note: Meyppayattu should be based on the syllabus prescribed by Indian Kalarippayattu Federation (IKF).

Objective: To evaluate dynamic body movements showcasing speed, strength, flexibility, and core Kalarippayattu techniques.

Components:

- ❖ Ashla Vadivukal
- ❖ High and low postures
- ❖ Leaps, stretches, and squats-thrust sequences

Scoring Focus:

- Body control
- Range of Motion (ROM)
- Flow and Synchronisation
- Energy and Execution
- Precision & Grace

Duration: Maximum 2 minutes.

3. NEDUVADIPPAYATTU: Neduvadippayattu (Long Staff Fight), a 'preparatory' as well as a major event in Kalarippayattu, helps participants focus their eyes and body to avoid all kinds of attacks. It is a team event consisting of two participants.

Note: Neduvadippayattu should be based on the syllabus prescribed by Indian Kalarippayattu Federation (IKF).



3

Objective: To simulate traditional long-stick combat techniques, emphasising agility, defensive manoeuvres, and striking accuracy.

Stick Specification:

- ❖ 5 feet in length - Cane Staff (Choorai Vadi)
- ❖ 1 inch in diameter (thickness)

Components:

- ❖ Standardised movements (strikes, blocks, spins)
- ❖ Defensive footwork
- ❖ Controlled engagement stance

Scoring Focus:

- Stick handling
- Accuracy of strikes and blocks
- Movement rhythm and body coordination

NB: If the stick falls from a participant's hand during the long staff fight, one mark will be deducted. If a stick breaks, a replacement will be provided and no marks will be deducted.

Duration: 1 Minute

