


THE EVENTS FOR KALARIPAYATTU

Events				
Sl.No.	Under 17 (Boys & Girls)	No of Players	Under 19(Boys & Girls)	No of Players
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,
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KALARIPPAYATTU EVENTS RULE BOOK

FOR

69th NATIONAL SCHOOL GAMES 2025-26

EVENTS:

1. CHUVADUKAL – Individual Event
 2. MEYPAYATTU – Individual Event
 3. NEDUVADIPPAYATTU – Team Event
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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:

- ❖ Ashta 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).

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



Stick Specification:

- ❖ 5 feet in length - Cane Staff (Chooral 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

