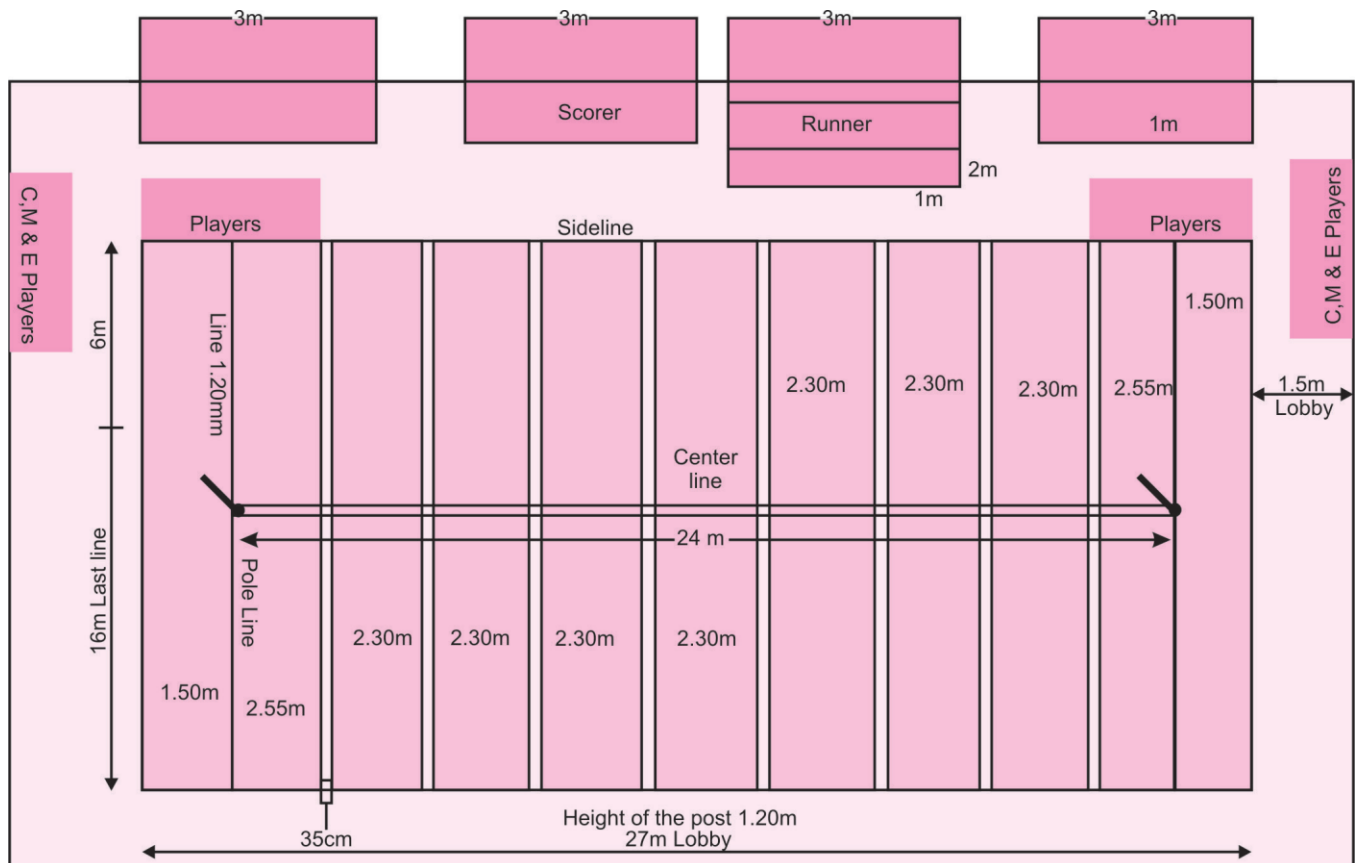


# KHO-KHO

## HISTORY

Kho-kho is an ancient Indian game as it is not expensive, it is played across the India. In 1914, very first Kho-Kho tournament was organized by Deccan Gymkhana. It framed the rules of the game and published them. Again in 1928, Deccan Gymkhana authorities amended the rules of Kho-Kho and published them. Later on in 1935, Akhil Bhartiya Maharashtra Sharirik Shikshan Mandal codified the rules and published them. In 1960, Kho-Kho Federation of India was constituted. In the same year, this institute organized first Men's Kho-Kho championship in Vijaywada. Next year In 1961, Kho-Kho Championship for women was started. A demonstration of Kho-Kho match was presented in 1982 Asian Games, but it has not been included in Asian Games so far.



### Important Information Regarding Kho-Kho

1. Shape of Kho- kho ground	= Rectangular
2. Length & Breadth of ground	= 27 m × 16 m
3. No. of squares in each lane	= 8
4. Distance from first line	= 2.55 m
5. Distance between remaining squares	= 2.30 m
6. Area of sitting block	= 35 cm × 30 cm
7. Length & breadth of cross lane	= 16 m × 35 cm
8. Height of Pole	= 120 cm to 125 cm
9. Total no. of players	= 12 (9+3) (extra)
10. Players in sat in squares	= 9 (chasers) (8 in squares + 1 chasing)
11. Opponent players	= Runner
12. Total innings in Kho-Kho	= 4
13. Duration of each innings	= (9-5-9)-10-(9-5-9) minutes
14. Area of ground for women & juniors	= 27 m × 16 m
15. Diameter of pole	= 30 cm to 40 cm
16. Free zone on both sides of ground	= 16 m × 1.50 m
17. Match Officials	= 5 (Umpires-2, Timekeeper-1, Referee-1, Scorer-1)

### Brief Description of Playground and Equipment:

1. **Kho-kho Court** – It is rectangular in size. Measurements of court is 27 m × 16 m.
2. **Square** – when cross lane and central lane intersects each other then square formed. These are 8 in numbers. Each square is of 35 cm × 30 cm. all the chasers sit in these squares.
3. **Central lane** – it divides the whole ground in two equal parts. It lies between both the poles. Its measurements are 24 m × 30 cm.
4. **Free zone** – area lies outside pole and inside the end line is called free zone. Its measurement is 1.50 m × 16 m.
5. **Poles** – two wooden poles are affixed in the ground on both sides. Height of poles from ground is from 120 cm to 125 cm and diameter of pole is from 30 cm to 40 cm.

### General Rules of Kho-Kho

1. Each team has 12 players in which 9 players play and remaining 3 are extra player.
2. Running or the chasing is decided by toss.
3. Both the teams are given two innings of 9-9 minutes.
4. There is 10 minutes and 5 minutes rest or interval respectively between two turns and innings.
5. Three runners should come to the ground at a time in the beginning match and when they got out next three should come immediately.
6. If an active chaser can not out three runners continuously, he/she has to pass kho to sittinf chaser.

7. If a player get injured during play then extra player can replace him/her.
8. If the captain wants to end his/her turn before allotted time, he/she can do so.
9. A runner will not touch sitting chaser, he/she will be given warning if it is done.
10. No chaser will leave its place until and unless he/she gets kho.
11. Opponent team gets a point if runners gets out.
12. The team that scores more points wins a match.
13. While giving kho, taking decision and passing kho should be simultaneously.
14. If the player of chasing team commits foul then he/she has to give negative kho.
15. An active chaser will keep his/her face in the same direction in which he/she has started chasing, he/she is not allowed to turn his/her face. He/she is allowed to turn his/her body upto shoulders parallel to central line.
16. Active chaser is not allowed to touch runner in between poles, lane and going beyond that area.
17. Chaser is allowed to going or turning in any direction in free zone.
18. If a runner gets out due to foul the he/she will not be given out.
19. If all the runners got out before schedule time then they have to come to the ground in the same order.
20. After a runner gets out, he/she should use lobby to enter the sitting box.
21. If the match get tied in schedule time one more inning will be played. And if extra inning also got tied then one more extra inning will start.

## **Fundamental Skills**

### **1. Running Skills**

- (a) Zig zag running
- (b) Dodging
  - (i) Side dodging
  - (ii) Back dodging

### **2. Positioning behind chaser**

### **3. Positioning near the pole**

### **4. Sitting style**

- (i) Parallel sitting
- (ii) Bullet sitting

### **5. Chasing Skills**

- (a) Giving Kho
- (b) Trapping
- (c) Taking direction
- (d) Tapping
- (e) Sudden change in direction
- (f) Fake Kho
- (g) Turning round to pole
- (h) Diving
- (i) Late Kho

### Brief Introduction Basic Skills:

1. **Giving Kho** – when a chaser give kho to his teammate then he must decide the next chaser and say the word ‘Kho’ simultaneously.
2. **Fake Kho** – Many a times to catch runner, a chaser pretends to give Kho but does not do so which confuses the runner and the chaser got successful in getting him out.
3. **Zig Zag Running** – a ‘runner’ runs criss cross through the sitting chasers to surfeit the chaser as chaser is not allowed to pass through and he has to face difficulty in catching him.
4. **Diving** – if the runner is within the reach of a chaser then he can dive ahead and touch him. It is an important skill of kho-kho. It requires exact idea and knowledge of technique.
5. **Taking direction** – After receiving the Kho, a chaser should take his first step carefully as this step decides his direction of move.

### Terminology

Kho, cross lane, Free zone, pole dive, court, square, tapping, extra period, active Chaser, inning, fake kho, central lane, poles, minus kho, late kho.

### Terminology Related to Kho -Kho

1. **Kho** –That word which is spoken while giving kho to the player.
2. **Chasers** – The players, who sit in the squares are called chasers.
3. **Active Chaser** – Active chaser is that player who persuades the runners to get them out.
4. **Runners** – The runners are those players who are chased by an chasers.
5. **Foul** – Breach of rules is called foul.
6. **Square** – It is place where chasers sit down.
7. **Inning** – The nine minutes duration of the game given for chasing or running is known as in- ning.
8. **Free Zone** – This is an area of 16 m × 1.50 m where both the runner and chaser can move in any direction.
9. **Feet Out** – If both feet of the runner touch the ground beyond side line then player is given out.
10. **Extra Period** – If the score of both the teams get tied in scheduled time for the game then the time given to get the result of the match is called extra period.

### Important Tournaments

1. National Kho-Kho Championship
2. Nehru Gold Cup
3. Inter University Championship
4. National School Games
5. Federation Cup

SPORTS	AWARDS
Year	Awardee
1970	Sudhir B. Parabhakar
1971	KM A.S. Derve
1973	KM. B.H. Parekh
1974	KM N.C. Sarolkar
1975	KM Usha Vasant Nagarkar, R. Inamdar, R.J. Namdar
1976	S.R. Dharwadkar
1981	H.M. Takalkar, KM. Sushma Soalkar
1983	KM. Veena Narayan Parab
1984	S. Prakash
1985	KM. S.B. Kulkarni, KM Surekha
1999	Miss Shoba Narayan
<b>Dronacharya Award Winner</b>	
2000-2001	Phadke Gopal Purshotam

### General Questions

**Q1.** What is the length and breadth of kho-kho ground?

**Ans.** 27 m × 16 m

**Q2.** What is the height of the poles?

**Ans.** 1.20 m to 1.25 m.

**Q3.** How many squares are in kho-kho court?

**Ans.** 8 squares

**Q4.** What is the dimension of squares?

**Ans.** 35 cm × 30 cm.

**Q5.** How many innings are there in a kho-kho match?

**Ans.** Total four innings 2 for each team.

**Q6.** What is duration of an inning?

**Ans.** 9 minutes.

**Q7.** How many points are awarded, if a runner is out?

**Ans.** One point.

**Q8.** What is the circumference of the poles?

**Ans.** 30 cm. to 40 cm.

**Q9.** How many players are there in a Kho-Kho team?

**Ans.** A Kho-Kho team consists of 12 players. Only 9 players play at a time and remaining 3 players are extra.

**Q10.** What is the duration of a kho-kho match ?

**Ans.** Duration of kho-kho match is (9-5-9)-10-(9-5-9) minutes means two innings of 9 min. each and there is interval of 5 minutes but this interval is of 10 minutes after two innings.

**Q11.** How many runners come to the ground at a time?

**Ans.** 3 runners

**Q12.** Distance between pole and first pole?

**Ans.** 2.55 m.

**Q13.** Distance between squares itself?

**Ans.** 2.30 m.

**Q14.** How many officials are required in a Kho-Kho match?

**Ans.** 5. ( 2- umpires, 1-timekeeper, 1- referee and 1- scorers)

**Q15.** If all the runners get out before the time, will they have to come again?

**Ans.** Yes.

**Q16.** If both feet of runner go outside the court, Is a player considered out?

**Ans.** Yes, he will be considered out.

**Q17.** Who are called active chasers'?

**Ans.** The player runs after a runner is called active chaser.

**Q18.** What are the measurements of free zone in kho-kho ground?

**Ans.** 16 m × 1.50 m.

**Q19.** Who received the Dronacharya Award for kho-kho?

**Ans.** Phadke Gopal Pushotam

**Q20.** What are the fundamental skills of Kho-Kho?

**Ans.** diving, giving Kho, turning round the pole, Sitting in squares chain formation, making circle.