



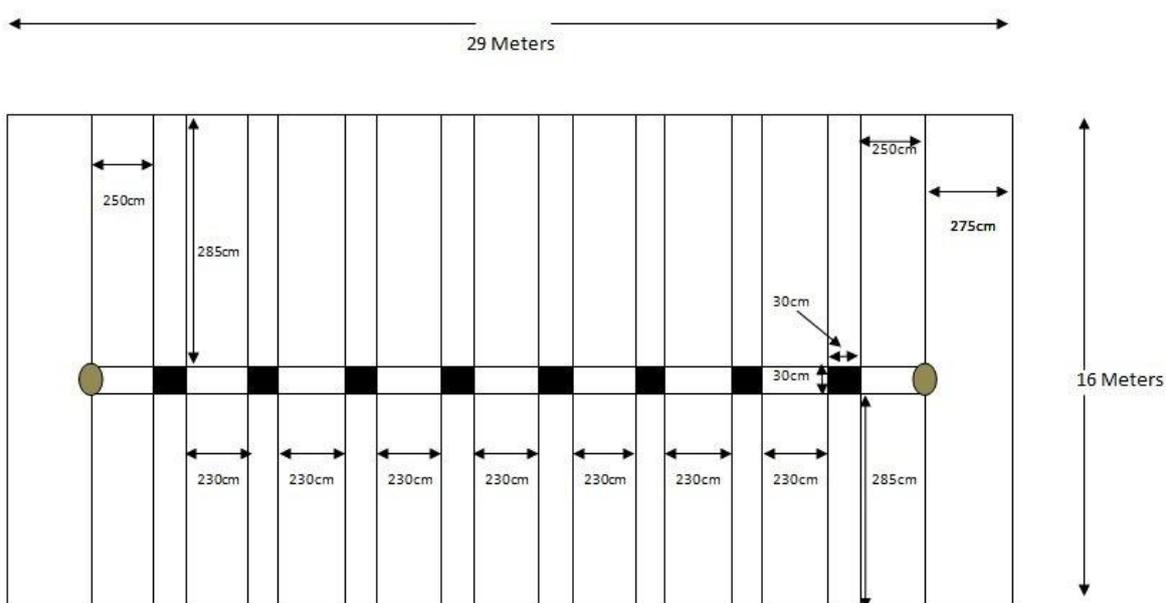
# KHO - KHO RULES & REGULATIONS FOR 2022

## KHO - KHO GAME TERMINOLOGY

<b>Pole</b>	A specially made wooden cylindrical construction erected firmly at both sides of the playfield.
<b>Chaser</b>	The sitting team tries to catch the opponent team member who is running. Chaser sit-in square over cross lines with an alternative back.
<b>Runner</b>	The player of the opposition who saves himself from being caught by the chaser.
<b>Central Lane</b>	Two parallel lines from one pole to another.
<b>Cross Lane</b>	The parallel lanes cutting the central line at the middle of the playing area.
<b>Kho</b>	The word Kho is a pass given by one chaser to another.
<b>Early Getup</b>	When the sitting chaser gets up before getting a Kho.
<b>Late Kho</b>	when active chaser delays in the touch for giving Kho to another

<b>Changing The Direction</b>	When active chaser goes in the wrong direction against rules.
<b>Minus Kho</b>	A violation of directional fault in which the chased cannot make the running player out unless Kho is passed back to two teammates or touch to a pole.
<b>Lobby</b>	The free space area around the playfield.
<b>Free Zone</b>	The area by the sides of pole lines in which the direction rule is not followed and a runner can move in any direction.
<b>Square</b>	Square-shaped area by the cutting of centre lane and cross lane used for sitting of the chase.

## KHO - KHO GROUND MEASUREMENT



The playing area dimensions (Credits:KhoKhoskills)

Talking about ground measurement, the playground for the game is 29 meters long and 16 meters wide. At each end of the longer side of the rectangle, it has two areas measuring 16 meters in length and 2.75 meters in width. A wooden pillar of 120 cm is located at the inner centre of the line of this rectangle as shown in the figure above. The perimeter of the wooden pillar is between 30 to 40 cm. There is one straight line on either side of the pillar.

There are 8 pairs of parallel lines between these two wooden pillar posts. Each pair of the line is 30 cm away from each other and 2.30 meters away from the next pair. Coming to the equipment, the game requires two watches, whistles, measuring tape, boric powder, and stationery to write results.

### **KHO - KHO FIELD SIZE**

<b>Total area requirement</b>	30m x 19m (inclusive of the lobby from all sides measuring 1.5m wide.)
<b>Playing Area</b>	27m x 16m inclusive of 1.5m x 16m of free zone behind both poles
<b>Pole Distance</b>	24m Central Lane joining two poles measuring 24m length x 30cm width
<b>Cross lanes</b>	8 – intersecting the central lane. Each lane measuring 16m x 35m
<b>Pole Size</b>	Height (above ground level – 120cm to 125cm, Diameter 9-10cm)

# KHO-KHO RULES



There are certain rules to follow in the game (Credits Epilogue)

- Kho Kho game is played between 2 teams
- Number of players in Kho Kho: 12. But only 9 of them can compete on the pitch.
- A standard match encompasses two innings.
- Each inning will have 9 minutes which includes chasing and running.
- The chasing team sits or kneels in the middle of the court in a row. Each player sitting next to the other will see on the opposite sides (in an alternative direction).
- The chasers should end in the quickest time possible.
- The chaser will touch the nearest possible player on his/her back and say 'Kho' to give him a chance to chase.
- The team that takes the shortest amount of time to touch the player chased, is adjudged as the winner.
- The runner or the chaser is decided by toss.

- The captain of the chasing side may end the turn before the allotted time.
- The side that scores more wins a match.
- When a defender is out, he should enter the sitting box from the lobby.

## KHO - KHO INFORMATION



The game requires speed and flexibility (Credits State of Mysore)

- Both teams will comprise nine players. Before the game begins, two captains will have a toss. The toss-winning team decides either to defend or to chase.
- If the winning team decides to chase, they set up an eight-member team to chase the opponent team in a span of 12 minutes. There will be two innings provided for both teams.
- The game starts by chasing down the opponent with the help of team members in a straight direction. The **defender** should not cut the line or change the direction in order to avoid getting out or touched by the opponent. A chaser can give maximum passes (Kho) to his teammate while chasing. After 12 minutes, the team,

which takes the best quick time to touch the player chased wins the game.

READ | *Badminton in India – Looking back at the History*

## DUTIES OF DEFENDER



The defender should save himself from being caught by chaser (Credits:mybloghowtoplaykhokho)

Defenders must be quick enough. The defender should highly possess qualities such as flexibility and speed. Defenders must have a sufficient amount of reflex in the body because it allows them to change the direction to keep the game active in a real way.

# DUTIES OF CHASER



Team in Yellow jersey are chasers (Credits Mybloghowtoplaykhokho)

Chasers are the opponents of the defender, whose aim is to touch the defender. It is recommended for every chaser to keep a close eye on his defender. This helps them to give a perfect pass (Kho) to their team member in order to touch the defender and bag points. It is essential to block the opponent in various ways to gain points in an easy manner.

## KHO - KHO SKILLS



(Credits: DNA)

Judgment of direction is one of the foremost skills one must hone while playing the game. This skill proves how fast and attentive you are. You must be very responsive to your teammates. This is required while getting up from the square. This game burns your calorie. One must run fast. It's not just a relay, it includes a single chain running, zig-zag running, and straight running.

# ROLE OF REFEREE



Match Officials (Credits YouTube)

The referee must give a thorough look at the score sheets and playing area. The referee must coordinate with the [umpires](#), in order to perform their duties well. If a player purposefully obstructs the conduct of the play or behaves in an ungentlemanly or mischievous manner, the referee can penalize the defaulting player. A referee can announce the warning by calling the chest number of the runner or chaser and showing a Yellow Card. It shall be recorded by Scorer-1 by marking the chest number in the warning column. The referee can announce the 'forbidden' from participation in future play in a similar way as a warning by displaying a Red Card.

**CONVENOR: KANTI ASANI**

## **PENALTIES:**

- No-Show Penalty Per Individual Per Sport.
- No-Show Penalty Per Team Per Sport.

An Event with Less than three (3) communities shall be cancelled. Subject to change without notice. Age As at 6th OF NOVEMBER 2022. For more information Contact your community representative.