

3. KHO-KHO

HISTORY :

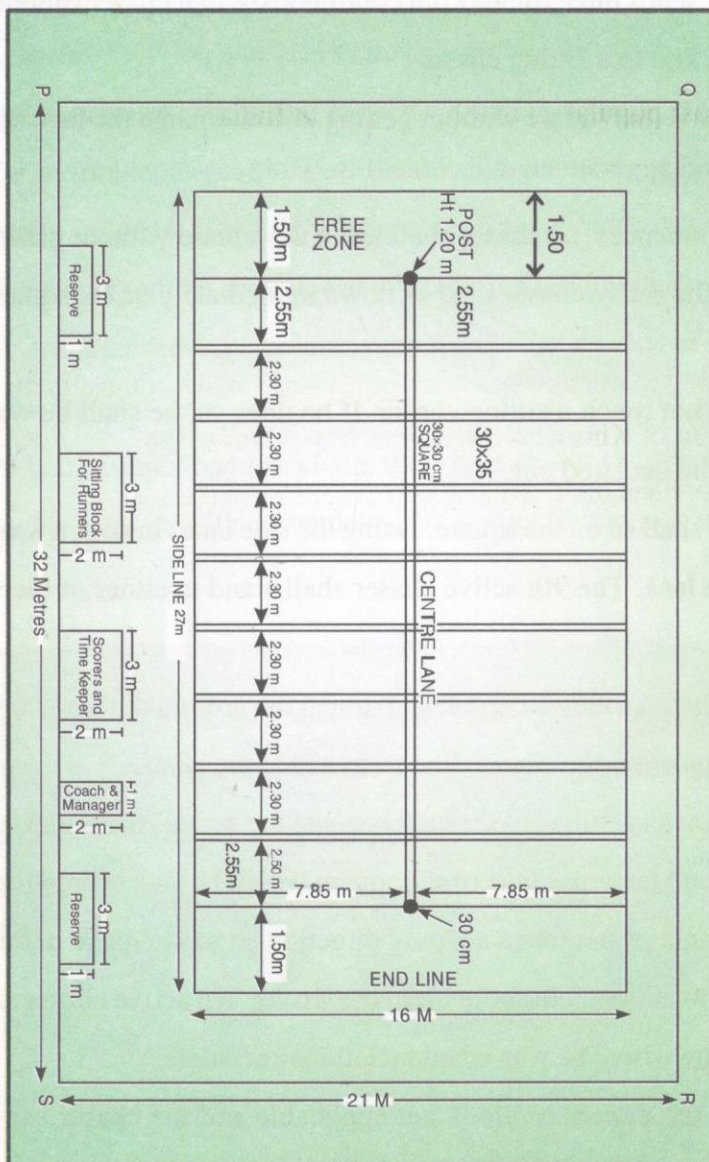
Kho-Kho is one of the most popular traditional games in India. It requires physical fitness, strength, speed and stamina, and a certain amount of ability. The game develops qualities such as obedience, discipline, sportsmanship and loyalty between team members. Kho-Kho was played a long back way in India, it was started from the Pune, Maharashtra. The rules of this game were framed in 1914 by Gymkhana of Pune. Kho-Kho Federation of India was termed in 1960. In this year, the first National Championship (men) was-organised. Kho-Kho championship for women was started in 1961 .A demonstration of Kho-Kho match was presented m 1982 Asian Games, which were held in Delhi, but It has not been included in Asian Games so far.

POINTS TO REMEMBER

1. Shape of the playfield	Rectangular
2. Length of the playfield	27m
3. Breadth of the playfield	16 m
4. Number of players in the game	12 (9 court players + 3 extra players)
5. Innings in a game	2
6. Duration of each innings	9 minutes
7. Half time	6 minutes
8. Size of free zone	1.5m × 16m
9. Length of centre lane	24cm
10. Breadth of centre lane	30cm
11. Height of pole from ground	1.20m to 1.25m
12. Lobby	1.5m
13. Number of squares in the central lane	8
14. Distance of first square from pole	2.55m
15. Follow on	6 to 8 points
16. Distance between the blocks	2.30m
17. Officials	6 (Referee-1, Umpire-2, Scorer-2, Time Keeper-1)

LATEST GENERAL RULES OF KHO-KHO

1. Each team plays for 9 minutes.
2. The referee shall call both the captains and toss the coin. The winning captain can either choose chasing or running.



3. The length of kho-kho court has been changed to 29m and width is 16m. The distance from pole to pole has been changed to 23.50m.

4. Kho-Kho is played by two teams of 12 players each side, out of which 9 players from each side take the field for the match. Players are numbered one to twelve (the size of the numbers marked on the T-Shirt should be 10 cm x 2 cm in front and 20 cm x 2 cm at the back). The change of number by any player during the game is not allowed.

5. The player begins the game with a whistle from the referee. At the start of the turn, only three defenders shall be in the court, the rest six shall be sitting in batches of three each in the block marked for them near the scorer.

6. If an active chaser sends three runners out continuously, that chaser cannot touch the fourth runner. He/she has to give kho to a sitting chaser.

7. No chaser shall leave the square without getting kho or change the face of the square. If he does so, he/she commits a foul.

8. After the turn commences, no chaser shall leave the square without getting 'Kho'.

9. After giving kho, the active chaser shall sit down immediately on the square of the chaser to whom the kho was given.

10. A defender shall not touch a sitting chaser. If he does so, he shall be warned once. If he repeats the same, he shall be declared out.

11. Any eight chasers shall sit on the square, facing the side lanes in such a way that no adjacent chasers face the same side lane. The 9th active chaser shall stand in either of the rectangle to start that pursuit.

12. No part of the body of an active chaser shall touch the ground of the central lane or beyond it. An active chaser shall not cross the central line from inside the posts.

13. After receiving kho, the sitting chaser shall become the active chaser and takes the direction he wants to, by going beyond the cross lane of the square which he was occupying.

14. In case the active chaser has taken a wrong direction he has to move in that direction up to the free zone or gives kho to another chaser to undo the wrong. An active chaser shall not go to the other side of the central lane where he was when he left the rectangle.

15. In the free zone, the direction rule is not applicable and the chaser can move on to any direction.

16. A defender shall not touch a sitting chaser while moving in the court between the sitting players. If he does so, the umpire will give him a warning and if he persists, he will be given out.

17. A defender shall be declared out, if an active chaser touches him by hand or leg.

FUNDAMENTAL SKILLS

Dodging : It is the most important skill used in running. Dodging is given by jerky movements of the body. In dodging, sudden change in direction is done. The dodge can be given from the front and back of the body. In dodging, the runner shows that he is moving in a particular direction but suddenly he changes the direction and moves in the opposite direction.

Diving : Chasing requires something more than merely running at an optimal speed, it needs sudden pouncing at the runner to get him out. Technically, pouncing at the runner is diving which is often used to cover up distance. Good diving involves fine judgement of the speed of the defender, the distance to be covered and the confidence in executing it without causing injury to either side.

Giving Kho : A chaser must speak loudly the word 'Kho' as soon as he touches a sitting player from behind with his hand.

Late Kho : When a runner opens a chain, the active chaser should observe the runner's movement and give kho to a chaser with some delay. By giving kho late, it will break the speed of the runner.



Fake Kho : In such Kho, the chaser pretends to give Kho but actually he follows the runner.

Running skills : Running requires endurance and speed. A runner can run in a zig zag manner from pole to pole but it requires a lot of endurance.

Single chain : In this, the runner runs from post to post in a zig-zag manner. The runner should look behind the shoulder whether a kho is given fast.

Double chain : This is the method followed by a skilled runner. In this method, the gap between the runner and chaser is always more and safe for the runner.

Sudden change of direction : While pursuing two or three runners he should suddenly run towards third runner who is standing in one corner of the court to catch him unaware.

Side dive : The chaser applies the side dive from a sitting position at the closely passing-by runner. It may be performed to either side depending upon the situation, provided the chaser gets timely kho. The action is to be initiated at the spurt of the movement.

TERMINOLOGIES

Active chaser : Active chaser is that player who pursues the runners to put them out.

Cross lane : Each rectangle is 16 metre long and 30 cm wide. It cuts the central lane at 90°. It is divided into two equal parts.

Chasers : The players who sit in the squares are called chasers.

Extra period : Any period played after the end of a regulation game in order to break a tie is called extra period.

Foul : If any sitting player or an active chaser violates a rule, this leads to a foul.

Feet out : If both feet of the runner touch the ground beyond side lines, the player is given out.

Free zone : This is an area where both the runner and chaser can move in any direction.

Fake Kho : Pretending to give a kho but actually not doing so.

Giving Kho : When an active chaser touches a sitting chaser from behind, he calls. 'Kho' in a loud voice. The action of touching and sounding 'Kho' should be done simultaneously.

Innings : The duration of nine minutes for chasing is known as an innings.

Lona : If all the runners get out within 9 minutes then a lona is given against the runner, but lona does not have a point.

Pole : Two poles are fixed which help in turning.

Square : It is the place for a chaser to sit down.

ARJUNA AWARD WINNERS

- 1970 S.B. Parab
- 1971 A. Suberao Devre
- 1973 B.H.Parekh
- 1974 N.C. Sarolkar
- 1975 R.J. Inamdar, Usha Vasant Nagarkar
- 1976 S.R. Dharwardkar
- 1981 H.M. Takalkar, Sushma Soalkar
- 1983 Veena Narayan Parab
- 1984 S.Prakash
- 1985 S.B. Kulkarni, Surekha
- 1999 Shobha Narayana

DRONACHARYA AWARD WINNERS

- 2000 Gopal Purushottam Padke

TOURNAMENTS

1. National Kho-Kho
2. Federation Cup
3. Nehru Gold Cup
4. Inter-University Kho-Kho