

Text Book of Kho-Kho

By
Dr.Kavita Verma

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Dedicated
To
My Husband and
Loving Daughter

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CHAPTER -I

INTRODUCTION

1.1 History

Kho-kho is one of the most popular traditional sports in India. This is the sport which is played by men, women and even children in almost every school and colleges. Like all Indian games, it is simple, inexpensive and enjoyable – that make the game as enduring as it is endearing. It is essentially a version of tag that's why children like this sport to play during their break time. One of the main points of a successful animal life is "Active Chase" Which is a fundamental principal of the Indian Game called kho-kho, synonymous with the phrase a "Game of Chase". It will not be mistake to say that kho kho was a recognized sport in the ancient times even earlier to the oldest mythological writing of classic Maharastra. The game of chase was then also regarded as legend, as it used in phraseology as putting kho to someone as active chase meaning putting as effective block and stopping the progress. The current adaption of the game was actually an adaption about the time of World War I in 1914, but at the same time lacked exacting rules and regulation that govern the games in the modern times. There were neither any dimension to the playground nor the poles, which demarcate the centre line, and the factor was also missing.

1.2 THE ORIGIN OF KHO-KHO

The origin of Kho-Kho is difficult to trace, but many historians believe, that it is a modified form of 'Run Chase', which in its simplest form involves chasing and touching a person. Kho-kho in India goes back a long way, as it

was first started and origins in the state of Maharashtra, Kho-Kho in ancient times, was played on 'raths' or chariots, and was known as RATHERA.

This game has been very popular in the Marathi speaking people. This game for many years was played in an informal ways. In order to make the game very popular, the Deccan Gymkhana club of Poona tried to formalize the game. The rules of the game were framed in the beginning of the 20th century. At Gymkhana Poona, a Committee was formed in 1914, to frame its rules. The first edition of the rules, of Aryapatya kho-kho and Hu-Tu-Tu was published in 1935, by the newly founded Akhil Maharashtra Shareerik Shikshan Mandal.

The Deccan Gymkhana of Pune, so named and baptised by the great Indian leader Lokmanya Tilak drafted the first ever rules and regulations which symbolised the metamorphosis of the game soon to follow. This initial stage marked the limitation of the playground and yet sadly lacked the poles demarking the central line in the field. Instead, two less calibre players were posted squatting at the place and chasers to run around them to return to the midfield.

But even then the game caught imagination of the experts in field games. The experts took no time to realise that the game demanded highest degree of quick and brisk movements, very high grade of nerve reflexes and tremendous stamina which all characterise a supreme athlete. The year 1919 saw the game delimit an elliptical field with 44 yards long midline and 17 yards width of the ellipse.

The midline was obliterated by transverse cross lines at eight different places, 3 yards 6 inches from one another. Poles came into existence and defenders were prohibited to touch the squatting chasers one sitting at each cross line but facing opposite sides alternately. The fast pace of the game

fascinated the spectators that's why the Governor of Bombay Presidency H.E. Lord Willingdon also admired the merits and potentials of the game.

The years 1923-24 saw foundation of the Inter School Sports Organisation, and Kho-Kho was introduced to develop at the grass roots and consequently popularise the sport. The move certainly showed the results and the game of Kho-Kho mainly owes it to the efforts taken by the Deccan Gymkhana and Hind Vijay Gymkhana.

To develop skills and expertise in Kho-Kho, the then prevalent games of langdi and Atya-Patya were the supporting factors, especially Atya-Patya which was very popular because of its subtle skills of defending. Legends and giant personalities in Pune like the Grand Old Man of Indian cricket Prof. D.B. Deodhar, Persian language scholar and renowned research historian Mahamahopadhyaya, D.V. Potdar and the dozen of Indian games Dr. Abasahib Natu all played Atya-Patya with rare skill.

The Akhil Maharashtra Sharirik Shikshan Mandal (Physical Education Institute) was founded in 1928 when Dr. Abasahib Natu of Pune, Shri. Mahabal Guruji of Nasik, Shri. Karmarkar Vaidya of Miraj and Dr. Mirajkar of Mumbai, spared no efforts in consultation with Kho-Kho experts and drafted the rules and regulations of the game which differed but just a little from the existing rules of the Federation today. Hind Vijay Gymkhana, Baroda and Deccan Gymkhana, Pune had their own codes of rules which were in variance with each other.

Experts from sixty Gymkhanas came together and evolved a joint code of rules under the banner of Akhil Maharashtra Sharirik Shikshan Mandal in 1933 which was circulated all over and with a few suggestions and alterations. A "new code" was adopted in 1935.



Like all Indian games, it is simple, inexpensive and enjoyable. It does, however, demand physical fitness, strength, speed and stamina, and a certain amount of ability. Dodging, feinting and bursts of controlled speed make this game quite thrilling. To catch by pursuit - to chase, rather than just run - is the capstone of Kho-Kho. The game develops qualities such as obedience, discipline, sportsmanship, and loyalty between team members.



The kho-kho playing field—which can be placed on any suitable indoor or outdoor surface—is a rectangle 29 meters (32 yards) long and 16 meters (17 yards) wide with a vertical wooden post at either end of the field. Each kho-kho team consists of 12 players, but during a contest only 9 players from each team take the field. A match consists of two innings. In an innings, each team gets

seven minutes for chasing and seven for defending. Eight members of the chasing team sit in eight squares in the central lane of the field, alternating in the direction they face. The ninth member is the active chaser (sometimes referred to as the attacker), who begins his pursuit at either of the posts. The active chaser “knocks out” an opponent by touching that person with the palm of the hand. The defenders (also called runners) try to play out the seven minutes, avoiding being touched by the chaser while not moving out of the field’s boundaries. Runners enter the chase area (known as the rectangle) in batches of three. As the third runner leaves, the next batch of three must enter the rectangle. Runners are declared “out” when either they are touched by the active chaser, they drift out of the rectangle, or they enter the rectangle late. The active chaser can get any chasing-team member, sitting crouched in one of the squares in the centre of the field, to take over and continue the chase by tapping him on the back with the palm and saying “kho” loudly. The chase is built up through a series of “khos” as the chasers continue their pursuit in a relay manner.

The first kho-kho tournaments were organized in 1914, and the first national championship was held in 1959 at Vijayawada under the auspices of the Kho-kho Federation of India (KKFI), which was formed in 1955. The Championship was won by the Mumbai province under the leadership of Rajubhau Jeste who was champion player, expert commentator and redoubtable coach made in one. 1960-61 featured Woman’s Championship for the first time.

Ever since, the KKFI has made great efforts to popularize the game, which is now played across India at various levels, from schools to the national team. In the year 1982, the game was included as part of Indian Olympic Association and few years later in 1989 saw the game as a demonstration in “Asian Games” Festival. Some new reforms in the game have taken place that has been incorporated by the Asian Federation. The year 1998 saw the first ever

International Championship Organised in the Indian city of Kolkata and Sponsors, who come from different fields.

Kho-kho was included as a demonstration sport at the Berlin 1936 Olympic Games and at the South Asian Federation (SAF) Games in Calcutta (Kolkata) in 1987. It was during the SAF Games that the Asian Kho-kho Federation was formed, which later helped popularize kho-kho in Pakistan, Bangladesh, Nepal, and Sri Lanka.

1.3 KHO KHO FEDERATION OF INDIA (K K F I)

The primary sports body for this game is called the Kho-Kho Federation of India (K.K.F.I.). It has its branches in all the states and it has been conducting Mini, Junior and Open National Championships for both sexes, in many parts of India. KHO KHO FEDERATION OF INDIA was established in the year 1956 with modern rules of the game under the leadership of GREAT Lt. BHAI NERURKAR of Maharashtra, Lt. Bhupati Mazumder , Lt. Sambhunath Mallik, and Lt. Deben Bose of West Bengal.

In 1959-60, the first national Kho-Kho championship was organised in Vijayawada (Andhra Pradesh). The Government has initiated the following awards for the game: Arjuna Award, Eklavya Award for men, Rani Laxmi Bai award for women, Veer Abhimanyu award for boys under 18, and Janaki award for girls under 16.

In the year 1960, KHO KHO FEDERATION OF INDIA shouldered responsibilities to popularizes this game in schools, colleges & clubs etc. In the same year first Kho Kho National was conducted only for men at Vijayawada. 3 teams participated. In the year 1961, National in women section was introduced, four teams were participated.

In the year 1963-64 to recognize the players to the service towards the game Kho Kho Federation of India introduced best player AWARD EKALABYA in men section and RANI JHANSI in women section. Kho Kho Federation of India started to organize Junior National Championship for boys in the year 1970 & for girls in 1972. Best AWARD in Junior National to encourage youngsters instituted VEER ABHIMANYU for boys and JANAKI in girls section. In the year 1980, Sub Junior National was introduced in both section boys & girls. AWARD for best sub junior players was instituted BHARAT in boys and ILA in girls section.

The Kho-kho was introduced as an academic discipline in (SAI) Sports Authority of India for six week certificate course. In the year 1977 duration of course was increased to 10 months. As Kho Kho & Kabadi were a combined course it is difficult to complete the course in 10 months. So from the year (2008) Kho Kho was separated for training of Coaches of 10 months duration. In the year 1985 Kho Kho has been included in 1st NATIONAL GAMES held in Delhi by personal intervention of Sri Ashok Ghosh then President Bengal Olympic Association.

1.4 ASIAN KHO KHO FEDERATION (AKKFI)



In the year 1936, during the event of BARLIN OLYMPIC one Kho Kho Team from Pune Exhibited the silent feature of the game of kho kho. AKKFI came into being after the demonstration game during 3rd S A F Games held in Kolkata in 1987. Kho Kho made its entry into International sports arena via 1st

Aisian Kho Kho Chaimpionship- 96 held at Kolkata in 1996 under the auspices of AKKF and KKFI and organized by the West Bengal Kho Kho Association (WBKKA), India and Bangladesh were the Winners and the Runners - up respectively. The participants are Bangladesh, Pakistan, SriLanks, Nepal and host India.

Asian Championship 1996 was held in 'Tera Flex' court at Kshudiram Kendra,Kolkata. In 2nd ASIAN KHO KHO CHAMPIONSHIP IN DHAKA 2000 India, SriLanks, Nepal, Thailand, Japan and host Bangladesh participated

Indian Olympic Association included Kho-Kho in 1982. 1989 saw Kho-Kho as a 'demonstration' in 'Asian Games' Festival. In 1987 again a demonstration was held in 'South Asian Games' and Asian Kho-Kho Federation came into existence with major membership though of only three countries which soon became a seven nation Federation under the Presidency of Shri. Sharadchandra Saha and Mukund Ambardekar was elected as Hon. Gen. Secretary.

1998 saw the first ever International Championship held at Kolkata. Sponsors from various fields have been attached to this great game and Bank of Maharashtra has developed their first ever team of Professional players when others like Indian Railways are about to follow the suit. Since early 2000, the sports have found considerable popularity in Bangladesh with many good players getting national fame. One notable name is Ruksat Ahmed, who won the 2005 Junior Regional Championship in Dhaka. Since then she has participated in various national tournaments and won multiple times before finally retiring in 2010 as National Champion. It is a pity she could not take part in international competitions because of lack of support from the Bangladesh Kho-Kho Federation.

1.5 WEST BENGAL KHO KHO ASSOCIATION

KHO KHO FEDERATION OF INDIA was established in the year 1956 with modern rules of the game under the leadership of GREAT Lt. BHAI NERURKAR of Maharashtra, Lt. Bhupati Mazumder , Lt. Sambhunath Mallik, and Lt. Deben Bose of West Bengal.

In the year 1960, KHO KHO FEDERATION OF INDIA shouldered responsibilities to popularizes this game in schools, colleges & clubs etc. In the same year first Kho Kho National was conducted only for men at Vijayawada. 3 teams participated. In the year 1961, National in women section was introduced, four teams were participated.

ROLE OF WEST BENGAL IN EVALUATION OF KHO KHO

In the year 1956 Kho Kho Federation of India was formed with great efforts of Late Bhupati Mazumder, Late Deben Bose, Late Sambhunath Mallick all from WEST BENGAL, Late Bhai Nerurker of Maharashtra and Mr. Onkar Prasad of Hyderabad.

WEST BENGAL KHO KHO ASSOCIATION was established in the same year 1956 under the leadership of Lt. Bhupati Mazumder, Lt. Deben Bose, Lt. Sambhu Nath Mallik.

In the year 1974 WEST BENGAL Kho Kho Association first time organized Junior National Kho Kho Championship in Durgapur.

In the year 1985 Kho Kho has been included in 1st NATIONAL GAMES held in Delhi by personal intervention of Sri Ashok Ghosh then President Bengal Olympic Association.

In the year 1986 for the first time from WEST BENGAL Sri Dilip Roy was elected as General Secretary of Kho Kho Federation of India, and with the constinuous effort of Sri Ashok Ghosh and Sri Dilip Roy Kho Kho Federation of India get affiliation to the Indian Olympic Association.

In the year 1987 with the effort of then President Late V.N.Gadgil and then General Secretary Sri Dilip Roy the game has been included in the Banks' Sports Board activities.

In the same year with great effort of Sri Ashok Ghosh, Sri Kamalesh Chatterjee and Sri Dilip Roy Kho Kho has been included as official demonstration game in 3rd SAF Games,1987 held in Calcutta. Also during the meet with the initiative of WEST BENGAL Kho Kho Association ASIAN KHO KHO FEDERATION was formed.

In the year 1988 the representative of Kho Kho Federation of India Sri Dilip Roy elected as member of Executive Committee of Indian Olympic Association.

In the year 1996 after a long run, Kho Kho entered in International arena by organizing 1st Asian Kho Kho Championship in Netaji Indoor Stadium, Kolkata under the leadership of West Bengal.

With another efforts of West Bengal Kho Kho organizers 2nd Asian Kho Kho was held in Mirpur Indoor Stadium, Dhaka, Bangladesh from 29th March to 1st April 2000, where other than SAF countries Thailand & Japan was participated.

Kho Kho was included as official demonstration game in 1st Afro-Asian Games, 2005 with the great effort of Sri Ashok Ghosh and Sri Kamalesh Chatterjee of West Bengal.

Still West Bengal Kho Kho organisers are working hard to popularize the game in India and in International arena. Hope the game will include in Asian Games and Olympic Games very soon.

1.6 TECHNICAL EVALUATION OF KHO KHO

KHO means go and chase. But the game does not mean merely chasing. It has physical fitness of high order, agility, speed, alertness, stamina and strong determination to culminate self confidence.

KHO KHO is the mother game of many reputed International game. Some skills of this game are very much similar to some other games. For example, Diving in KHO KHO is similar to that of Swimming, Football, and Cricket etc. Dodging skill in KHO KHO may help a Basketball player, Football player etc. Short Sprint in KHO KHO may help a Sprinter in Athletic, Kho-kho and Basketball etc.

In Indian Socio Economic structure most important feature is in a very small area 24 players can play and enjoy KHO KHO.

Government of China, Japan, America, And Russia and Malaysia have taken serious initiative to popularized their Wussu, Karate, Baseball, Rugby And Sepak Takra respectively in the world but the Indian game KHO KHO is deprived of that initiatives till today.

In the beginning, in 1930, chasers were restricted to nine numbers. This limit was different in different places. But after 1935 the number was restricted. The chasing was to dominate the defenders. The defenders used to run to the higher lead of the centre line. The chasers were putting out the defenders in a short time. So gradually, to escape from the fast attack the defenders came close

to the centre line and started checking the chasers by playing chain(zig-zag) in between the squares.

To check the system of the defenders the chasers have adopted the skill giving advanced Kho. Again it was countered by the defenders by playing wider chains and reaching the pole. But at that time reaching the pole means defenders were used to be put out. The defensive side come out with a new technique of playing Ring game.

CHAPTER - II

Part 1

2. LAWS OF KHO-KHO

2.1 The Game

The game of kho-kho is based on natural principles of physical development. It is vigorous and fosters a healthy combative spirit among youth. It is not merely running with speed but its Chase a natural instinct to overtake, to pursue to catch a kill. No doubt speed is the heart and to stand to a relentless pursuit of 9 minutes at a stretch this heart demands stoutness, stamina. In turn a physically fit youth enjoys it and the spectators who watch enjoy a thrilling sport to their satisfaction.

The game can be played on any surface that suits open field sports. As on today it is played on ground prepared from or earth on turf. Needless to say that synthetic ground and playing indoor arena is on card.

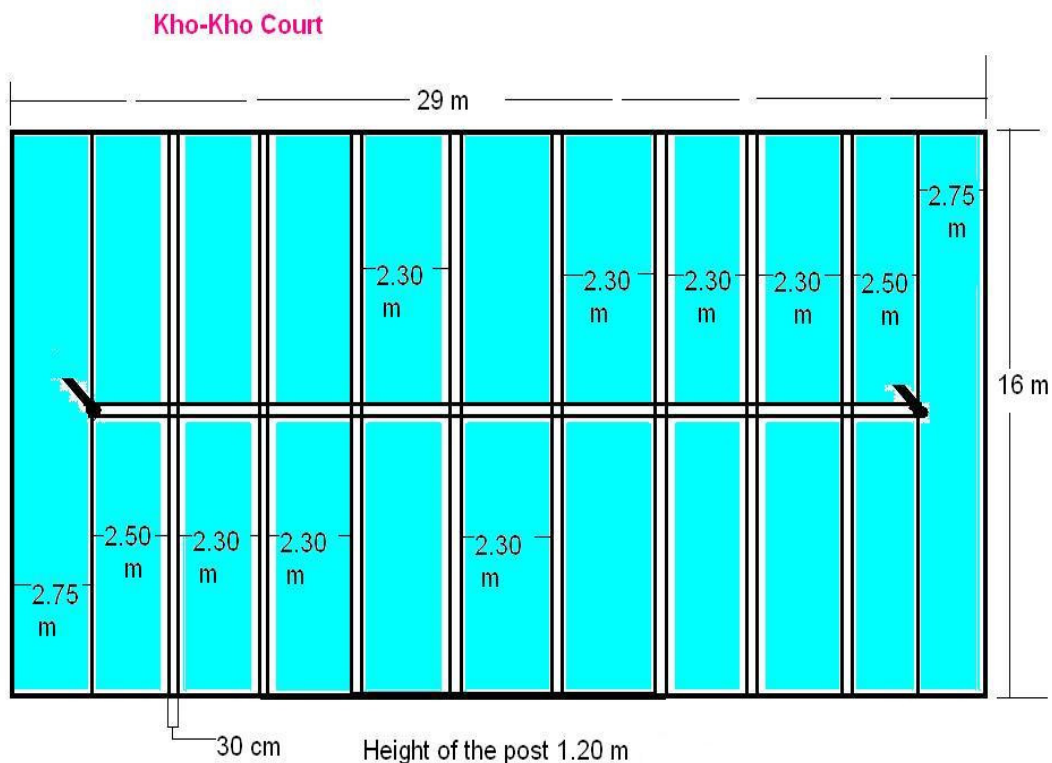
The game is played in two innings A team consist of 15 players. However 12 players are nominated for a match and only 9 take to the actual game initially. Every team has to chase and defend for 9 minutes each twice in a match that thus consist of 2 innings or defending once in an inning is termed as “turn” of the particular act. There is a rest of 9 minutes in between two turns for a change over. Controlled Sprinting, Dodging, Diving are few skills exhibited during the game, which is owned by a team that score more point (one point is awarded for every defender, who is out).

Defenders enter the limit, in batches of three. After the third and last defender of batch is out, the next batch must enter the limits, before a 'kho' is

given by the successful active chaser. Defenders have full freedom of movement on both sides of the central lane, but the active chaser cannot change the direction to which he is committed. He cannot cross the central lane. An active chaser can change position with a seated chaser, by touching him from behind by palm, and uttering the word 'kho' loudly, and simultaneously, chase or attack is build up through a series of 'khos' as the chase continues with a relay of chasers.

Kho-Kho can be played by men, women, and children of all ages. The game requires a very small piece of evenly surfaced ground, rectangular in shape, and 29m by 16m.

2.2 Dimension of Court



2.3 Kho-Kho Ground

2.3.1 Endlines

The lines AB and CD running parallel to each other and equal in length to the width of the kho-kho field are known as Endlines.

A. Men, Women, Boys and Girls (Senior and Junior) – 16 mts.

B. Sub-Junior – 14 mts.

2.3.2 Sidelines

The lines Ad and BC running parallel to each other and equal in length of the kho kho field are known as sidelines.

A. Men, Women, Boys and Girls (Senior and junior) -29 mts

B. Sub- Junior (25) mts

2.3.3 Field

The limits of the Kho Kho field are formed by meeting the Endlines and Sidelines at ABC&D.

2.3.4 Court

The area between the post lines formed by points EFGH is known as COURT.

2.3.5 Posts

Two strong wooden posts, smooth all over (120-125 cms.) above and perpendicular to the ground, fixed firmly in the free zone at tangent to the Post lines at M and N. These are known as POSTS. The points of post shall coincide with centre of the posts and shall be at a distance exactly half the width of the khokho Court. Their diameters shall be uniform throughout and shall measure between 9 and 10 cms.

Note: The POSTS shall not be tap. Top of the Posts shall be free from any sharp edges.

2.3.6 Central Lane

Central Lane is a rectangle in between two posts measuring 30 cms X length of the court which divides the Court into two equal halves and forms Square at the intersection of Cross Lanes.

Note: The length of the Central Lane: 10.70 Mts.

2.3.7 Cross lane

Each of the rectangles measuring 30 cms X width of the court that intersects the central lane at right angle is known as CROSS LANE.

2.3.8 Square

The area 30 Cms. x 30 Cms. formed by the intersection of the Central Lane and the Cross Lane is known as a SQUARE.

1. Distance between adjacent Squares.

- A. **Senior and junior** – 230 cms or 2.30 mts.
- B. **Sub-junior** – 190 cms or 1.90 mts

2. Distance between Post line and Ist Cross Lane.

- A. **Senior and Junior** – 250 cms or 2.50 mts
- B. **Sub- junior** – 210 cms or 2.10 mts.

2.3.9 Lines of the Posts

The lines which are right angle to the Central Lane and run parallel to the cross lane at tangle to the Posts are known as Line of the Post or the post line. (EF & GH).

2.3.10 Free Zone

The remaining portion of the field on either end of the court is known as FREE ZONE.

Note:

A. **Senior and Junior** – 275 cms or 2.75 mts. X 16 mts.

B. **Sub- junior-** 255 cms or 2.55 mts X 14 mts.

2.3.11 Lobby

The area surrounding the field by a measure of 1.5 meters in width is known as LOBBY.

2.3.12 Width of the Line

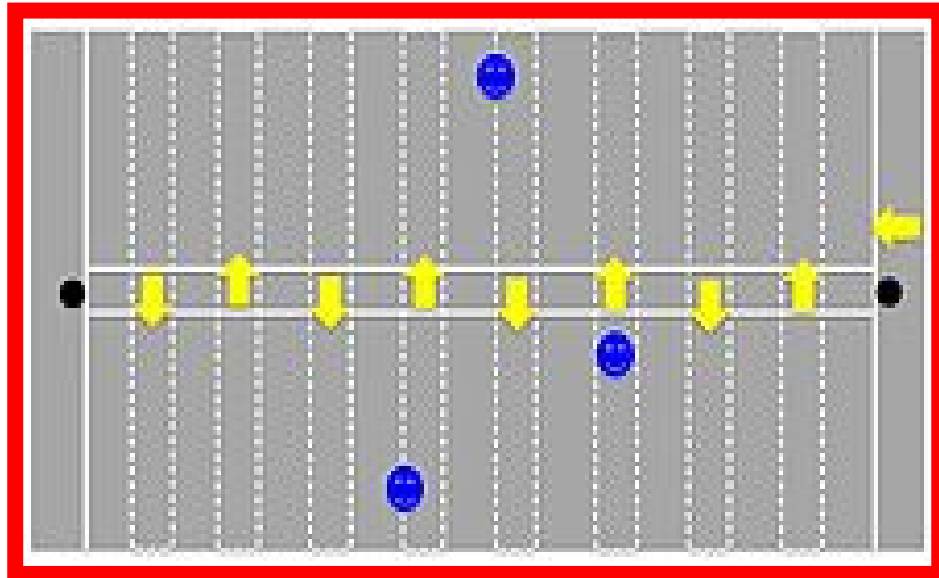
Width of each line should be around 3cms. to 5cms. and is included in all measurements.

2.3.13 Entry Zone

The area marked in the lobby parallel to the Side line and in the both of Scorer's table with the outer line of the lobby measuring 1mts. In width and from Post line to 3rd Cross Lane in length is known as ENTRY ZONE. It is meant for the Runner to take entry to the field for defence.

2.3.14 Sitting Block

Sitting Block for reserve Players, Coach, & Manager shall be either side of the Field just outside of the lobby adjacent to the end lines.



Kho-Kho Field.

3. Chaser

The players who chase the opponents with a view to put out of them and at the same time score points are known as CHASSERS.

4. Attacker

The player who pursues the players of the opposite side defenders with a view to tag and touch them is known as an ATTACKER.

5. Runners

The players of the side other than Chasers are known as RUNNERS.

6. Defenders

The Runners who are inside the field for their turn of defence are known as DEFENDERS.

7. To Give Kho

To give kho an attacker touches the chaser by hand from behind him and then utters the word “KHO” loudly and distinctly.

Note:- If the action of uttering the word “KHO” precedes the action of touching by hand, then it shall be deemed as a Foul. Simultaneous action of touching and uttering “KHO” is not a Foul. Single action of touching will not be deemed as foul. However, uttering “KHO” will be considered as Foul. If an attacker touching a chaser sitting in the Square nearest the Posts, “KHO” , shall be given. If an attacker utters any word other than “KHO” it will be deemed as a foul. Also uttering the word “KHO” or any word resembling the word “KHO” by chasers will be treated as foul. The other action being perfect, the following three actions of the Attacker where a “KHO” is given will be allowed. However, the feet of an attacker shall not go beyond that Cross Lane.

- A. An attacker’s front need not necessarily be in touch with the Cross Lane.
 - B. An attacker may be in the Cross Lane.
 - C. An attacker’s foot should have in touch with the Cross Lane. With the other portion of His body going beyond that Cross Lane.
1. After touching a chaser except nearest to the Post (1st & 8th Chaser) if attackers move away beyond the Cross Lane, he will be deemed to have continued his attack and hence shall not be allowed to utter “KHO” from the distance. However, on Cross Lane he may come back and give “KHO”.

2. An attacker cannot rest or support on the chaser to put out a Defender. It will be deemed as a foul.

8. Foul

If an attacker or a chaser violates any rules, it is known as FOUL.

9. To Take A Direction

When an attacker goes from one post line to another post line and / or after getting a “KHO”, he goes towards a particular Post line is said to have taken a direction.

10. Shoulder Line

An imaginary line running through the centre of the shoulders of an attacker is known as Shoulder Line.

11. To Recede

When an attacker while going to a particular direction, touches the ground which he had already covered, he is said to have RECEDED.

Explanation: The Ground Covered will always refer to ground covered by Rear foot in opposite direction.

12. To Leave The Free Zone

When an attacker loses contact of his feet with the free zone and comes in contact with the court by his feet, he is said to have left the FREE ZONE.

13. To Reach the Free Zone

When an Attacker loses contact of his feet, with the Court and comes in contact with the ground of the Free Zone by his feet he is said to have reached the Free Zone.

14.Out Of Field

If a defender loses contact of his feet with the field and comes outside, he is said to have gone OUT OF FIELD.

15.Entry

A runner is said to have entered the field as soon as he loses the contact with the ground outside the field with his feet and comes in contact with the ground inside the field with his foot.

Part - 2

2.2 RULES OF THE GAME

1. The play ground (FIELD) shall be marked as shown in previous chapter.
2. The Referee shall call both the captains for the spin of the coin (TOSS). He shall instruct one of them to call the choice of the side of the coin. He shall spin the coin and then declare the winner of the TOSS. Referee shall stand at the center of the Court facing the scoring table with captains on either side.

NOTE

- I. The winner of the toss will raise his arm and indicate immediately by his index finger either the Central Lane or the side line for the option of chasing or the defence. No captain shall touch the coin.
 - II. Any 8 Chasers shall occupy the squares facing the Side Lines in such a way that no two adjacent Chasers face the same Side Line. The 9th Chaser shall stand in either of the Free Zone to start the chase.
 - III. At the commencement of the turn, the first batch of three defenders shall be inside the limits and the remaining Runners shall occupy the seats meant for them.
 - IV. After a Defender is out he shall occupy the seat meant for him.
 - V. After commencement of the turn, no chaser shall leave the square without getting kho or chance the face. If he does so, it is a foul and repetition of the same will amount to misbehaviour.
3. An attacker, as a rule, shall not cross the Central Lane to go to the other half of the Court or to the Free Zone. Crossing/touching of Central Lane by any part of the body except note is an offence. It shall be treated as a foul.

NOTE

- a. If an attacker while chasing crosses / touches that line of the central lane which lies on the side of his chasing half the foul shall not be declared. However, if the attacker while touching or at the time of touching the defender or as a result of the action of putting out a defender, does it , foul shall be declared and defender will not be declared out.
4. If a Kho is to be given, it shall be given from behind a Chaser. It shall be given in a sufficiently loud tune so that the Defenders and the officials can hear. The chaser shall not get up without getting kho.

NOTE

- A. An Attacker shall not given kho by touching the arm or leg or any part of the body extended or titled towards him by a chaser
- B. To give kho touching on the back of chaser should not be insisted upon.
5. After giving a KHO, an Attacker shall cease to be so and shall sit down immediately in the Square of the Chaser to whom he has given kho.

NOTE:

- A. After giving a perfect Kho if the Chaser while sitting loses the contact of the Cross Lane it shall not be a Foul.
- B. The natural time needed to sit on the Square after giving Kho must be allowed. However, this should not obstruct the game of Defender. If he does so it should be declared as Foul.
6. After getting a Kho, the Chaser shall immediately be an Attacker and shall move in the half that he was facing and shall go in the direction which he was taken by going beyond the Cross Lane or turning his shoulder towards any of the Posts. An Attacker shall take the direction according to one of the actions whichever he has performed first.

NOTE

A. AS long as any part of the foot of an attacker is touching the ground of a cross lane he has not gone beyond that lane.

B. Defender shall be declared OUT, if an attacker puts him out before leaving the SQUARE without committing foul.

7. An Attacker shall take the direction to which he turns his Shoulder Line. When an Attacker, while going in a particular direction, turns his shoulder Line through more than a right angle to the direction which he has already taken, it shall be a Foul.
8. Once an Attacker has taken a direction, he shall go in that direction till he reaches the Free Zone unless he gives a Kho before that. An Attacker shall not go to the other half of the Court unless he turns around the Post through the free zone.
9. If an Attacker leaves the Free Zone, he shall go in the direction of the other Free Zone, remaining in that half of the Court where he was, when he left the free Zone.
10. The rules about taking the direction and receding shall not be applicable in the Free Zone.
11. The Chaser shall sit in a manner which shall not obstruct the Defenders. If a Defender becomes out by such an obstruction, he shall not be declared out.

Note:

A. If a chaser is found to be deliberately moving any part of his body which may obstruct the defender, he shall be warned by officials and appropriate action will be taken.

B. The ACTION of moving/tilting shoulder thigh or any other part of the body towards a Defender who is running near the Central Lane and closer to a chaser shall be treated as a “FOUL”.

12. During a turn, an Attacker may go out of Court but he shall observe all the rules about taking the direction and receding, even when he is out of Court.

Explanation

- The word “court” is to be noted. Rules of court are applicable within the area covered by or between the EXTENDED POST LINES.
- Attacker will be allowed to enter the Field/Court as he wants, if he goes out of Court beyond the extended post line. He shall not be insisted to enter through the Free Zone.

13. A Defender shall not touch a Chaser. If he does so he shall be warned once in a turn. If he repeats the same, he shall be declared out.

Note:

Warning to the Defender should be recorded in the Remarks Column of the Score Sheet.

14. A Defender shall be declared out, if he is touched by hand by an Attacker, without violating any rule or if he goes out of Field. The referee/umpire shall declare out by a short blow of the whistle.

Note:

A. Deliberate pushing, catching, pulling even by uniform or hitting will be treated as misbehavior.

B. While chasing a Defender, if an Attacker pushes the said Defender out of field, the Defender shall NOT BE DECLARED OUT.

C. If a defender goes out of field he shall be declared out.

15. An Attacker and the Chasers shall not violate any of the rules pertaining to them. It shall be a foul if any rule is violated.

Note:

A. If a Defender is put out as a result of such a Foul or if Foul is committed immediately as a result of the action taken in putting a defender out, the Defender shall not be declared out. The protection from

being out due to a foul is applicable to the Defender who was being actually chased at the time of committing foul.

B. At the time of “Touching at Post” (POLE DIVE), dragging of rear leg and turning of shoulder line more than 90 degree will not be a foul but touching and/or crossing the Central Lane by any part of the body will be a Foul. In this case shoulder line foul should be ignored.

16. If an Attacker violates any of the rules, the Umpire shall declare a Foul by blowing a short whistle continuously and shall immediately compel the Attacker to go in a direction opposite to that he was going. Immediately on hearing a signal given by the Umpire by his whistle, the Attacker shall take the direction indicated by the Umpire and if the Defender, being chased at that time, thereby becomes out, he shall not be declared out and the Attacker shall have to follow the direction indicated by the Umpire. He needs not give Kho.

Note:

In as a result of the action of putting out there should be any lapse of time between Foul and action. Foul must be committed in a continuous action/follow through.

17. Advantage Rule

If a foul committed by either the attacker or chaser does not given any advantage whatsoever to the chasing side in their chase and disadvantage to the defender, it shall not be declared by the continuous short blast on whistle.

Part - 3

2.3 RULES OF THE KHO-KHO MATCH

1. Each team shall consist of a Coach, a Manager, a Physiologist / Doctor, and 15 Players. 12 Players shall be named for a match; only 9 Players shall take the Field in the beginning.
2. A. An inning shall consist of a chasing and a defending turn, which shall be of 9 minutes each for MEN, WOMEN, BOYS and GIRLS (JUNIOR). It shall be of 7 minutes for BOYS and GIRLS (SUB-JUNIOR/MINI). Each match shall consist of two innings. There shall be an interval of 9 minutes after an inning and 5 minutes break between two turns for MEN, WOMEN, BOYS and GIRLS (JUNIOR). 9minute-(5minute break)-9minute
B. For BOYS and GIRLS (SUB-JUNIOR/MINI), the same shall be of 6 minutes and 3 minutes respectively. The runners shall enter the Field in batches of three at a time. At the beginning of a turn, first batch of runners shall be inside the Field for defence. Immediately on these three Defenders being declared out, the next batch shall be inside the Field before two Khos are given. Those who fail to enter within the period shall be declared out. The runners who may enter early shall not be declared out but called back. Thus the Runners shall continue to enter the Field in the same batch till the end of turn. The Attacker shall not chase the new batch after the last Defenders of a batch is out in whichever manner. He shall give Kho. If he chases any of the Defenders, it shall be a Foul. Each side shall enter its Runners to the Field through the Entry Zone.

C. Time to enter the Field (TWO CORRECT KHOS) is given to the Runners. Hence Defenders who are inside the Field can be chased

after one correct Kho is given. To chase a new batch, TWO KHOS should not be insisted upon.

- As soon as the 1st Defender of a batch is out, the next three Runners shall enter the Entry Zone.
- The Referee shall have the option to declare out Runners of the next batch, who have not entered the Field after TWO CORRECT KHOS are given.
- Runner/Runners who enter early shall be called back by the Referee/Scorer.

03. The captain of the chasing team shall have the option to end the turn before the allotted time. He shall inform the Referee about the same by raising his arm and request him to stop the turn. Until the Referee has signalled to stop the turn, the turn is not closed. The chasing side shall not leave the Squares until the Referee has declared the turn as closed.

Note:

Defending side can also request the Referee to close, the turn of defense in the 2nd innings, provided the match is conceded as “Defeated”. The Referee can allow this, if the difference in points at that time is 15 or more.

04. The chasing side shall score 1 point for each Defender out. If all the nine Runners are out before the completion of the turn, they shall maintain the same order of defence. Order of the Runners shall not be changed during a turn.

05. In the knockout matches, the side that scores more points at the end of the match shall be declared as the winner. If the points are equal, one more inning (one turn for each side as chasers and runners) shall be played. If again the points are equal, an additional inning shall be played on MINIMUM CHASE basis as follows: the referee shall start the additional inning. As soon as the first

point is scored, the Referee shall close the turn. He shall stop the stopwatch with him simultaneously. The time for scoring of this first point shall thus be noted. The side that takes less time to score this first point (MINIMUM CHASE) shall be declared as winner of the match. The Referee shall stop the match in the second turn, if the time exceeds by 30 seconds than the recorded time of the opponents, when there is no score. If needed, this process shall continue till the winner is decided.

If the league system, the winner shall score two points and the looser shall score no point. In case of a tie, both the sides shall score one point each. If there is a tie in the group league points, in the league the concerned teams shall replay the match or matches on knockout system after drawing a lot. In case it is not possible to conduct match/matches for some unavoidable circumstances, the match/matches can be played on minimum chase basis.

6. If a match is not completed for any reason, it shall be continued further at another time with the same players and the same officials as recorded in the score sheet provided it is played in the same session. The scores of the completed turn/turns of each side shall be counted and the match is continued from the beginning of the incomplete turn.

If the incomplete match is not played in the same session, the entire match shall be replayed from the beginning. In this case the players and officials need not be the same.

The playing SESSION shall be as follows:

- a) MORNING
- b) AFTERNOON (including Flood - Light)

7. After completion of first inning, if the points of a side (who chased first at the starting of the match) exceeds the score of the other side by nine or more, the former side shall have the option of requiring the latter side to follow on its turn

as chaser without forfeiting its right to take its turn as chaser afterwards, in case the other side exceeds its score.

Clarification

Option to give “follow on” is restricted upon 9 points only. It will be mandatory to give “follow on” if the difference is more than 9 points. In case of “follow on” the Result will be won by “an inning”.

8. SUBSTITUTION

The Referee on request of Coach, Captain or Manager shall allow any number of substitutions.

- a) For chasing side substitution can be made at any time during the match.
- b) For Runners, substitution is allowed only before they enter the Field.

Note: A. During substitution the substituted chaser shall not enter the field, unless the outgoing chaser comes out of the field.

B. Substituted attacker shall not pursue the defenders directly. He must give a Kho.

9. If a Defender is out he shall return to the sitting place through the lobby entering from the nearest End or Side Line only.

10. The teams will not leave the Field till the Referee declares the result of the match.

PART-4

2.4 Kho - Kho Officials (Authority, Duty and Rights)

The following officials shall be appointed for the management of a match:
A Referee, Two Umpires, a Timekeeper and Two Scorers.

REFEREE

1. REFEREE: The Referee shall perform the following duties:-

- a) He shall check the score sheet, ground etc. and take the “Toss” before starting the match. He shall help the umpires to perform their duties and shall give his final decision in case of any difference between them.
- b) If a player intentionally obstructs the conduct of the play or behaves in an ungentle manly or mischievous manner or intentionally violates any of the rules, the Referee shall at his discretion penalize the defaulting player. The penalty shall range according to the default from warning a player or the entire team to participate further.
- c) He shall announce the warning by calling the chest number of runner or chaser and showing a “Yellow” Card. It shall be recorded by the Scorer-1 by marking the chest number in warning column. He shall announce the forbiddance from the participation in future play in similar way as warning but showing a “Red” Card. This will also be recorded by the Scorer-1 by marking the “F” against the chest number in defense column. Such a player shall be immediately replaced and asked to leave the arena.

Note: If a defender is shown a red card by the referee to penalize his offence he will be declared out and shall be forbidden from the participation for that particular match and in the next match too. His substitute will be allowed to play in the same batch if the batch is to come/play again in that particular turn.

d) The Referee shall instruct the Time Keeper to start the turn.

e) He shall synchronize his watch to that of Time Keeper and shall check the time after each turn.

f) He shall alone keep the time during the Minimum Chase.

g) He shall check the scores of the sides at the end of each turn from the score sheet and also announces the result of the match.

h) He shall supervise execution of substitutions of players.

i) He shall be overall responsible for the smooth conduction of the match.

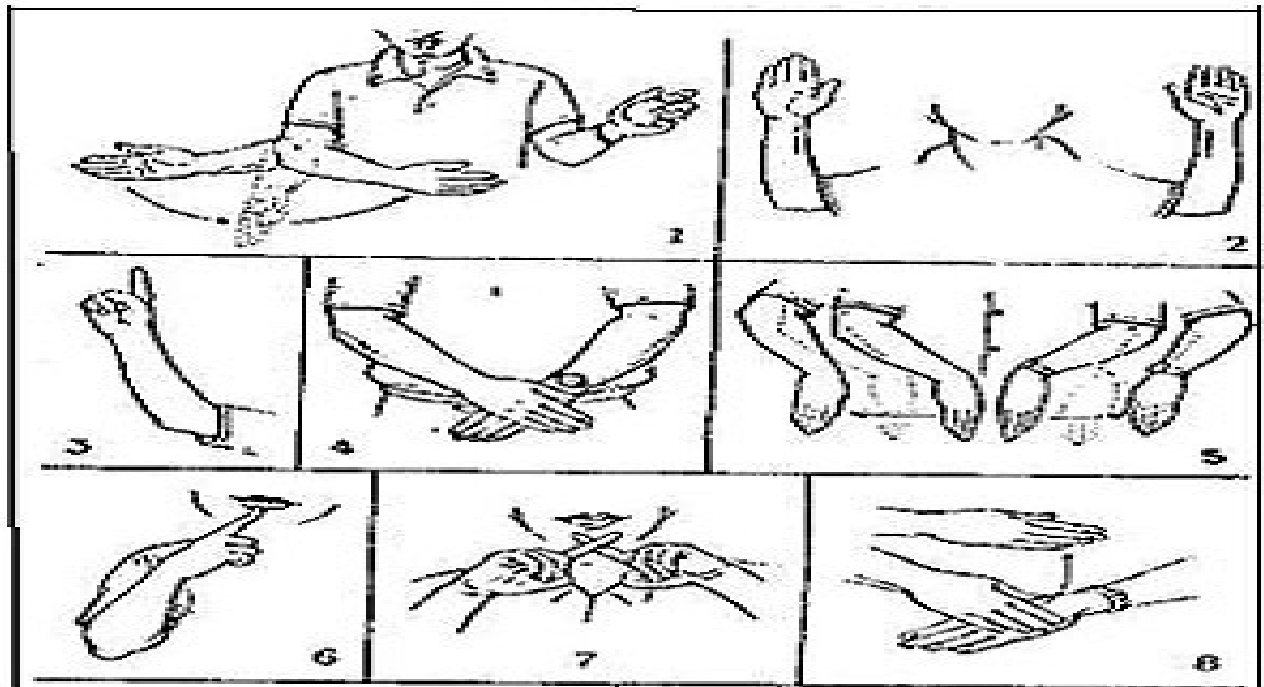
2. UMPIRE: The Umpire shall move in the Lobby and shall conduct the game. For any reasons, if he enters the Field, he shall come back to the Lobby immediately without obstructing the progress of the match. He shall give decisions and also help the other Umpire to give correct decisions. The Umpire shall declare a Foul and compel the Attacker to act up to the Rules, if the latter does not follow the rules. If there is any unfair means in the ground, he shall warn the concerned player verbally and show “Yellow” card only if necessary and shall bring it to the notice of the Referee for further action.

3. TIME KEEPER: The time keeper shall start the turn by blowing a long whistle followed by a short one after getting direction from the Referee. He shall declare the end of the turn by blowing a long whistle. He shall enter the Lobby and declare the completion of each minute of play loudly by raising his arm holding an indicator.

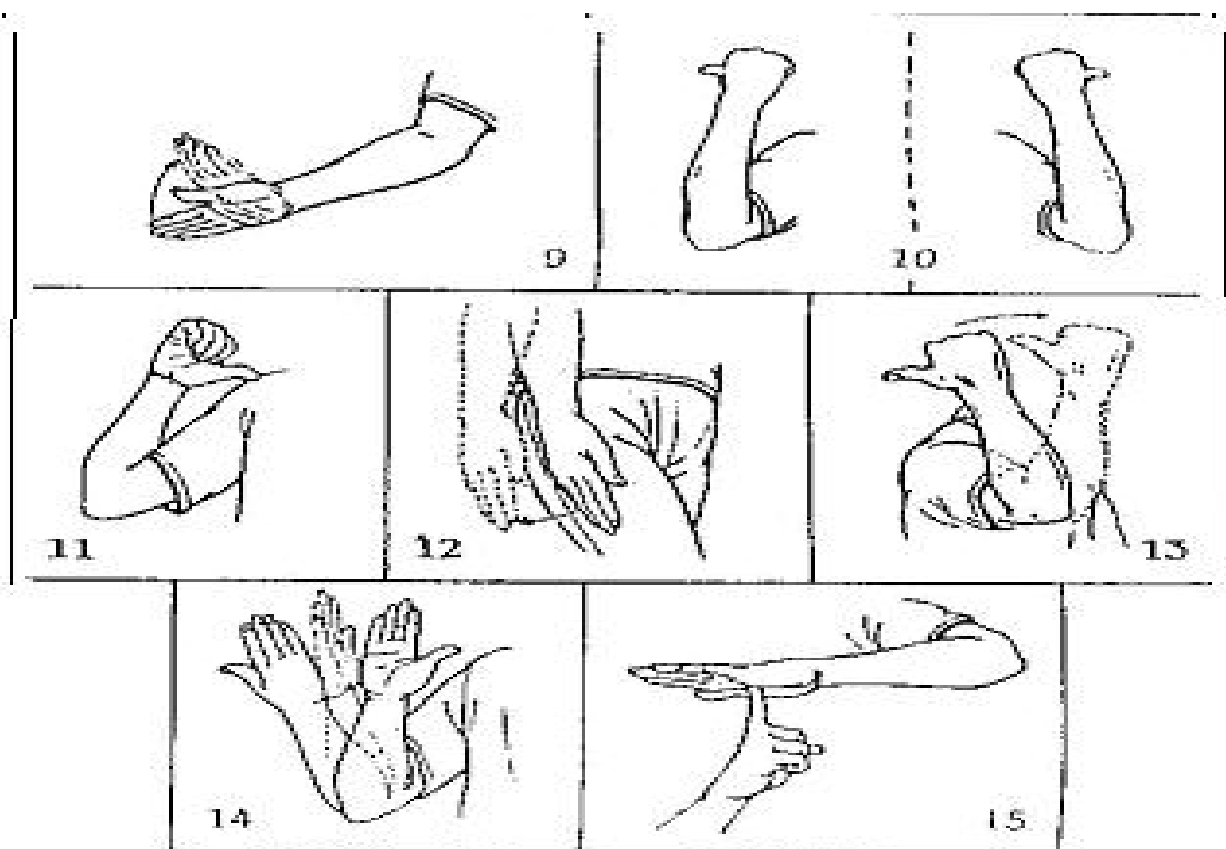
Note: Referee/Umpire/Time Keeper, should exhibit as shown in SIGN IN KHO-KHO.

Description for Signs:-

1. Starting the Turn
2. Closing the Turn
3. OUT
4. Crossing the Centre Lane
5. Uttering KHO before touching the chaser
6. Improper uttering of KHO
7. KHO or other similar word uttered by Chaser
8. KHO not given after touching the chaser nearest the post
9. Getting up early
10. Indicate Proper Direction
11. Shoulder Line Foul
12. Going Beyond Cross Lane
13. Receding
14. Change of Direction
15. Closing the Turn



Signs in Kho Kho



4. SCORERS:

- I. **The Scorer-I** : The Scorer-I shall note down and check the name and Chest Numbers of the players. He shall record the performance of the players. At the end of the match, he shall prepare the scores of the two sides and the result of the match. He shall get the score sheet duly signed by all the officials. After completing the score sheet, he shall hand it over to the Referee for checking and declaring the result.
- II. **The Scorer-II**: The Scorer-II shall record the order of the Defenders. He shall keep a record of the Defenders who are out and make them sit in the place provided for them. He shall record the process of substitution. The Manager/Coach/ Captain may request him for substitution mentioning the chest number of players OUT/IN. He shall inform the Referee and Scorer-I and shall indicate the chest number of the Attacker who has to come out and that of the player to enter in, by showing the Number Plates.

Note- see score sheet (annexure)

SPECIAL CONDITION

01. After the start of the match, if any of the officials is unable to officiate, the remaining officials shall manage the officiating till the end of the turn. If the official is unable to resume the work, a new official shall replace him.
02. The officials of the match shall be appointed by the competent authority and shall function under the guidance of Referee.

PART- 5

2.5 RULES FOR PLAYERS / MANAGERS / COACHES

1. Players Uniform

Uniform of kho–kho players shall included sports shoes (free from any metal part anywhere that may cause injury) short and vest (half sleeves) or “t-Shirt” for men and Boys. Shirt or “T-shirt” for woman and Girls

Each players shall be numbered in front and back of his‘t’ shirt / shirt with number of solid colour contrasting with the colour of ‘t’ shirt. The number shall be printed / stitched of six 10cms. high and 2cms width. In the front and 20cms high and 2cms.wide on the back on the lesser size will be treated as misbehaviour. The numbers shall be printed to 1 to 15. Players of the same side shall neither wear duplicate numbers no change during a tournament / championship. Manager shall furnish score -1 the list of players and chest number.

2. RIGHTS AND DUTIES OF PLAYERS

- A. All players must know the rules of the game and abide by the rules.
- B. During the game, a player may address the referee only through the team captain; the team captain may address the referee and shall be the spokesman for his players. He may also approach the other officials but only on matters concerning their duties.

3. CONDUCT OF PLAYERS, SUBSTITUTES, COACHES AND MANAGERS

The managers, Coaches and Substitution shall sit in the place provided for them. The following act, are punishable

- A. Persistent questioning to officials concerning their decision.
- B. Making derogatory remarks to officials.
- C. Committing action tending to influence decision of the officials.
- D. Deliberate coaching during the game.
- E. Making derogatory acts or personal remarks to the opponents.
- F. Leaving the without the permission of the referee during the match and before declaration of the result.

Referee shall take action according to the gravity of their offence.

4. Penalties

- A. For a minor offence, such as talking to opponents, spectator or officials, shouting, etc. A verbal warning will be given by the referee. In case of repetition of the offence warning will be given by showing a yellow card.
- B. For a serious offence, Referee may disqualify the concern players and other from rest of the match by showing a red card.

Note :- If a player is shown yellow card twice in a match, he / she shall be not allowed from the participation in that match of the particular tournament and also in the next match if he / she is shown yellow card in two different matched in a particular tournament, he will be not allowed from participation for next match of the particular tournament.

If a player is shown red card in a match he shall be forbidden from the participation for the rest of the match and for next match also of that particular tournament. As mentioned in the rule 1, 2, 3, of Part 5 shall be taken by an Umpire and/or Referee. The concerned shall report the matter in writing to the proper Authority in charge of officials, Observer, Organizing

Secretary, Convener, Referees Board of respective Federation/Association,
Secretary General.

PART-6

EQUIPMENT

The following should be used:

- A. Posts.
- B. Strings.
- C. Measuring tape (steel)
- D. Stop watches (two on each ground).
- E. 2 Rings having inner diameter of 9 cms & 10 cms. respectively.
- F. Score-sheet, Performance Count.
- G. Time placard 1 to 8
- H. Red & Yellow card.

CHAPTER - III

KHO-KHO SKILLS

Part-I

3.1 Offensive Skills

Giving Kho to Side: To chase a defender

1. Two Steps (Proximity Step)
2. Two Steps (Distal Step)
3. Advance Kho : Running ahead of defender and dropping Kho.
4. Deceptive Kho : Kho to deceive defender by different body movement.



Incorrect



Correct



Incorrect

Pole Turning

To turn the pole in continuation of attack

Pole turning from 8th Square (from sitting position)

1. 4 up turn : Turning pole by taking step.
2. 5 up turn : Turning pole by taking five steps.
3. Running Pole turning : Pole turning without giving Kho

Covering on cross lane : To cover the defender on cross lane.

1. Quadraped
2. Biped
3. Rush Through
4. Combination



Defence skills

Preliminary preparation of Defence

A Route Defence

Single Chain Defence

Double Chain Defencer

The game of defence is mainly designed to take advantage of these bindings of the rules to chasers. A simple logic of defenders is 'be always in the opposite court to the one that the attacker occupies'. Since the attacker cannot cross the central lane, he is forced to go round the pole to catch a defender or give a kho to a sitting chaser facing opposite court to the one attacker belongs.

The second rule of thumb is that 'stay away from an attacker'. If the game happens to be in the central part of the ground, the second option of giving kho is suitable for an attacker. On execution of such a kho, the attacker and the defender come in the same court for a brief period of time. As per the guidelines stated above, a defender changes the court and runs towards a pole in chosen direction. The attacker reacts by giving a kho to a suitable sitting chaser and so on. Thus the game continues. A few convenient ways and locations of changing the court and forming routes towards the pole have emerged from the experience, observations and thinking of khokho players over a period of several decades which have now acquired a status of a tradition. The thinking behind these acts and its suitability is explained below.

When an attacker and defender happen to be in the same court, the defender changes the court. A tip for changing the court is that the defender should cross the central lane from behind the sitting chaser so that if the concerned sitting chaser gets a kho, the defender will find himself away from a new attacker by a distance between the two consecutive cross lanes. On the other hand, if a defender crosses the central lane from the front side of sitting chaser; he will find himself in front of or near the subsequent sitting chaser who is suitably positioned to get the next kho. Such proximity may make the defender to surrender a point to the chasing team. The following picture makes the idea clear.

In summary, the basic guide-lines for a beginner of defence in khokho are

1. Defender tries to be in the opposite court to the one wherefrom the attacker chases.
 2. For changing the court, defender crosses the central lane from behind the sitting chaser.
 3. Immediately after crossing the central lane, a defender takes a pause at the back of the next sitting chaser and watches the actions of an attacker.
 4. A defender decides his course of action depending on the action taken by an attacker.
 5. A defender should learn to run with a controlled speed and directional movements.
6. The defenders in a batch, other than the one being chased by opponents, also take positions behind the sitting chaser, preferably forth defender from each pole and at a distance of two third width of the court from central lane.
- a. LISTEN to the 'Kho' before tracing the route further.
 - b. AVOID single chain defence near the Post (Adjustment Two chasers).
 - c. Do not PLAY chain defence from the face of the seated chaser.
 - d. REDUCE speed after crossing the Central Lane and pause at the back of the next seated chaser to listen the Kho and ensure it.
 - e. AVOID standing close to the Post.
 - f. WATCH closely the Attacker on the first cross lane, from post, when at post. FEINTING or duping is useful only when an attacker is almost on your heels or very nearer.
 - g. Do not INCREASE the speed of the chase by your running. Keep the constant & safe distance between you and attacker (safe means at least a cross lane distance.)

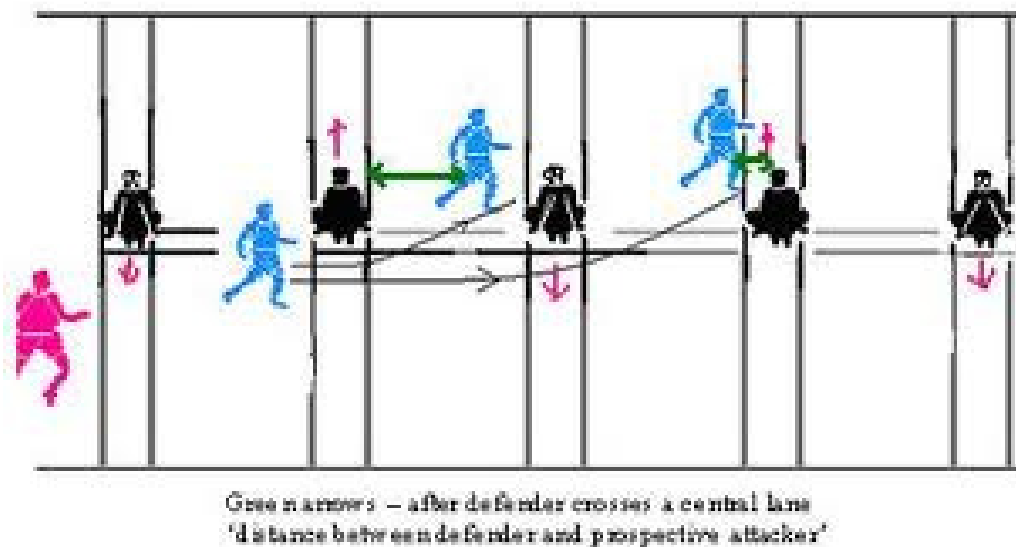
- h. It is DANGEROUS to go to Post from the back of the adjacent chaser PREVAIL over the Judgement Kho by watching the attacker calmly and coolly. Concentrate on the rear leg of an attacker.
- i. POST is the dangerous point for all chain games. Reach to the post quickly and take a stance at post quickly.
- j. AVOID too much LIFT of the legs and USE steps to AVOID tapping.
- k. START playing 'game in four' or ring game defence, if trapped in 'two on Post' position or clubbing, OR the one on the Post must run away before the second defender is pushed towards the Post and as soon as the second seated chaser from the Post gets a 'Kho'
- l. Inactive defender should move to the opposite direction of the chase within 2nd to 5th Cross Lanes with side ward stepping and cautiously. AVOID action by Officials. Refrain from showing resentment in any manner over the decisions of Officials.

Part-II

3.2 DEFENSIVE SKILLS

Chain Game: Defender takes entry behind the sitting chaser and runs in Zig-Zag path by making the attacker to give Kho behind.

1. Six Single up
2. Two five six up
3. Two three six up
4. Three four five six up
5. One four five six up
6. One four seven one



RING GAME: Defender runs in the shape of a ring (Oval shape) by making use of four squares.

In front ring defender faces the attacker. In back ring defender shown his back and plays ring game.

7. Short ring - Defender stands close to the centre lane.

8. Medium ring - Defender stands almost half the way from the centre lane.

9. Long ring - Defender stands away from the central lane but.

Combination of chain and Ring Game-

Dodging: To deceive attacker different body dodge is used.

10. Shoulder dodge

11. Foot dodge

12. Combining both

Part-III

3.3 Terminology

Terms used in the game

1. Chaser

The players sitting in the squares are known as chasers. An attacker (active chaser) is a player who pursues the players of the opposite side (runners) with a view to tag and touch them.

2. Runners

The players of the side other than the chasers side are known as runners. The runners who are inside the limits for their turn of running are known as defenders.

3. To Give Kho

To give kho perfectly, an active chaser should touch the sitting chaser by hand from behind and utter only the word 'KHO' loudly and distinctly. The feet of an active chaser shall not go beyond the cross lane.

4. Foul

If a sitting or an active chaser violates or commits the breach of any rule, it is known as a foul. A foul is to be declared by a continuous 'short' whistle until the foul is corrected.

5. To take a Direction

If an active chaser goes from one post line to the other post line and after getting a kho, he goes towards a particular post line, he is said to have taken a direction.

6. Shoulder Line

An imaginary line running through the centers of the shoulders of a player is known as shoulder line.

7. To Recede

While going in a particular direction, when an active chaser touches the ground which he/she had already covered, he/she is said to have receded.

8. To leave the Rectangle

When an active chaser lets go his contact of his feet with the rectangle and comes in contact with the ground between the post lines, he is said to have left the rectangle (Free zone).

9. To reach the Rectangle

When an active chaser lets go his contact of his feet with the ground between the post lines and comes in contact with the ground of the rectangle, he is said to have reached the rectangle.

10. Out of limits

If a defender loses his contact of the ground within the limits and comes in contact with the ground outside the limits, he is said to have gone out of limits.

11. Entry

A runner is said to have entered the limits as soon as he loses the contact with the ground outside the limits with his feet and comes in contact with the ground inside the field with his feet.

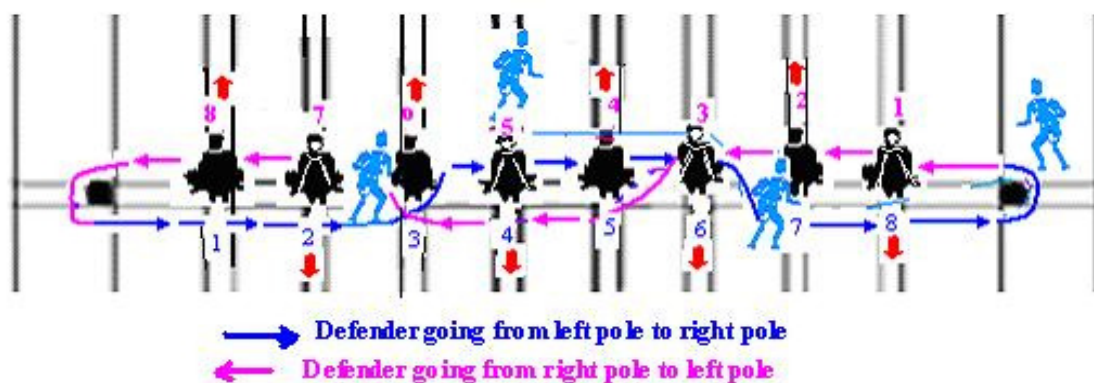
Chasing

- * Single chain
- * Double chain
- * Diving
- * Foul
- * Pole Dive
- * Tapping
- * Turning The Post

be always in the opposite court to the one that the attacker occupies'. Since the attacker can not cross the central lane, he is forced to go round the pole to catch a defender or give a kho to a sitting chaser facing opposite court to the one attacker belongs. stay away from an attacker'. If the game happens to be in the central part of the ground, the second option of giving kho is suitable for an attacker. On execution of such a kho, the attacker and the defender come in the same court for a brief period of time. As per the guidelines stated above, a defender changes the court and runs towards a pole in chosen direction. The attacker reacts by giving a kho to a suitable sitting chaser and so on. When an attacker and defender happen to be in the same court, the defender changes the court. A tip for changing the court is that the defender should cross the central lane from behind the sitting chaser so that if the concerned sitting chaser gets a kho, the defender will find himself away from a new attacker by a distance between the two consecutive cross lanes. On the other hand, if a defender crosses the central lane from the front side of sitting chaser; he will find himself in front of or near the subsequent sitting chaser who is suitably positioned to get the next kho. Another tip to a defender is that when he crosses the central lane, he needs to watch the attacker's actions. The best location to watch an attacker

is near the back of the very next sitting chaser after crossing the central lane. This would enable a defender to know whether an attacker is giving a behind kho or a forward kho. The defender needs to know it in order to decide his further course of action. While watching a kho, a defender needs to take care that the attacker does not touch him from the opposite court. In summary, the basic guide-lines for a beginner of defence in khokho are

1. Defender tries to be in the opposite court to the one wherefrom the attacker chases.
2. For changing the court, defender crosses the central lane from behind the sitting chaser.
3. Immediately after crossing the central lane, a defender takes a pause at the back of the next sitting chaser and watches the actions of an attacker.
4. A defender decides his course of action depending on the action taken by an attacker.
5. A defender should learn to run with a controlled speed and directional movements.
6. The defenders in a batch, other than the one being chased by opponents, also take positions behind the sitting chaser, preferably forth defender from each pole and at a distance of two third width of the court from central lane.



As the title of the skill suggests, a defender decides his route between the poles and defends himself by running on the same route repeatedly. It is mentioned above that if a defender crosses a central lane by going past the back of a sitting defender, he maintains a safe distance between him and chasers. Based on this guide line, a traditional route is developed for safe defence, called 'A route defence' or 'A double chain defence' or 'a 3-6-9 route defence'. (See picture) The middle name has its origin in the observation that defender going from one pole to another and his returning to the starting pole forms a chain of three loops for which the defender crosses the central lane twice between the poles. The third name is self explanatory as the defender crosses the central lane by going past the chasers' backs sitting at squares number 3,6 and pole as if it was the 9th square.



Part - IV

3.4 How to Play Kho-Kho

As the title of the skill suggests, a defender decides his route between the poles and defends himself by running on the same route repeatedly. It is mentioned above that if a defender crosses a central lane by going past the back of a sitting defender, he maintains a safe distance between him and chaser. Based on this guide line, a traditional route is developed for safe defence, called 'A rout defence' or 'A double chain defence'. The middle name has its origin in the observation that defender going from one pole to another and his returning to the starting pole forms a chain of three loops for which the defender crosses the central lane twice between the pools. The third name is self explanatory as the defender crosses the central lane by doing past the chaser back sitting at squares number and poles as if it was the square.

It may so happen that the chaser on the third square is facing the court where a defender is positioned. In that case, the defender needs to adjust his route by crossing the central lane by going past the back of chaser sitting on square two, followed by another change of court by crossing the central lane by going past the back of chaser sitting on square three which brings him on the predetermined rout.

Alternatively, there can be other adjustments or after going past the back of the chaser sitting on square four, a defender may directly go to the pole. Sometimes another route defence is adopted by skilled defenders in which a defender goes around the pole and changes the court immediately by crossing the central lane going past the back of chaser sitting on square one. The next change of court would be by crossing the central lane going past the back of

chaser sitting on square four followed by run directly to opposite pole. Thus, a route is named as 1-4-9 rout defence.

1. Listen to the kho before tracing the route further.
 2. Avoid single chain defence near the post.
 3. Do not play chain defence from the face of the seated chaser.
 4. Reduce speed after crossing the central lane and pause at the back of the next seated chaser to listen the kho and ensure it.
 5. Avoid standing close to the post.
 6. Watch closely the attacker on the first cross lane, from post, when at post.
 7. Feinting or duping is useful only when an attacker is almost on your heels and very nearer.
 8. Do not increase the speed of the chase by your running . Keep the contest and safe distance between you and attacker.
 9. It is dangerous to go to the post from the back of the adjacent chaser.
10. Prevail over the judgement kho by watching the attacker calmly and coolly. Concentrate on the rear leg of the attacker.
11. Pot is the dangerous point for all chain games. Reach to the post quickly and taken a stance at post quickly.
- Avoid too much lift of the legs and use steps to avoid tapping
- Start playing game in four or ring game defence, If trapping in two on post position or clubbing.
- Inactive defender should move to the opposite direction of the chase within 2nd to 5th cross lanes with side ward stepping and cautiously.
- Avoid action by officials. Efrain from showing resentment in any manner over decision of official

Method Kho and Method of Sitting in Square

Kho is known to have been given, when an attacker utters loudly and distinctly- the word kho, touching by hand a chaser from behind him. This in other words incorporates a relay ensuring coverage of a certain minimum distance by an attacker.

Gentle touch, a smooth action is essential i.e. just a touch by hand. Chaser must not be pushed. Break in applied to chasing, a violent exercise at times, break pressure is applied on one leg. The direction on running determines the leg on which the breaking pressure is applied.

Importance is attached to the method of sitting on the square in modern kho- kho . Most advantageous is to sit on toes with thighs parallel to the ground and heels completely lifted up. Palms, with cup shape position place just outside the central and cross lane, give the needed position placed just outside the central and cross lane, give the needed support. This is known as parallel Toe method. Another is Bullet Toe method i.e. one toe nearer to the front line of square and another is a little behind the other one.

A basic difference in sitting on the square necessitates the last seated chaser- chaser nearest to post to turn around the post clockwise or anti-clockwise after getting a kho. Clockwise turning comes naturally to most, as left handers are commodity. At chaser reduce the Speed and rhythm of their chase for the advantage at the post to unnerve a defender.

3.5 Measurement of Kho-Kho Play Field

Measurement of Play Field Men, Women, Jr. Boys, Jr. Girls Sub. Jr. Boys, Sub Jr. Girls

End Line	16 m.	14 m
Side Line	29 m	25 m
Free Zone	2.75 m	2.55 m
Post Line to Nearest Cross Line	2.5 m	2.10 m
Post to Post Distance	23.50 m	19.90 m
Distance Between One Square to the Other	2.30 m	1.90 m
Post Diameter	9 &10 cm	9 & 10 Cm
Height of the post above the ground	120-125 Cm	120-125 cm

Other Technical Information

Match Consists of	Two Innings-36 Min	Two innings 2Min.
Each Innings	Two Turns of 9 Min	Two Turns of 7 Min
Interval Between Turns	5 Min	3 Min
Interval Between Innings	9 Min	6 Min
Officials Required	06 number	06 number
	One Referee	One Referee
	Two Umpires	Two Umpires
	One Scorer	One Scorer
	One Asst. Scorer	One Asst. Scorer
	One Time Keeper	One Time Keeper

Other Requirements

	02 Stop Watch Es	02 Stop Watch Es
	Time Indicator Board Steel Ring	Time Indicator Board Steel Ring
	4 Whistles	4 Whistles
	Score Board	Score Board
	Marking Rope	Marking Rope
	Yellow Card	Yellow Card
	Red Card	Red Card

Lobby 1.5 m 1.5 m

Width of Line 5 cm 5 cm

**Entry Zone 1m width x length from Post line 1m width x length from Post
line to 3rd Cross lane to 3rd Cross lane**

Age Group

- **Men, Women Sub Jr. boys- 14 yrs and below**
- **Jr. Boys - 18 Yrs and below Sub.Jr. Girls - 14Yrs and below**
- **Jr. Girls - 18 Yrs and below**

Part - V

3.5.Guidelines For Coaching

Assembly of Players

Attendance

Ask about health, training

Brief introduction about the task

Warming up

Demonstration of Skill

Explanation and part by part demonstration

Practice

Observation, Supervision, Correction and Encouragement

Assembly

Discussion

Warm down

Dispersal

Warming up : 15-20 minutes

1. Perform light stretching
2. Jog around the Kho-Kho court for 6-7 rounds
3. Start free hand exercises from neck to toe or from toe to neck
4. Exercise should be done
5. Neck rotation, Neck up-down, sideward bend, half rotation
6. Hands alternate raising, arm rotation, sideward, upward
7. Wrist up-down, rotation.
8. Trunk Twisting by swinging arms- left/ right.
9. Trunk bending forward-backward, sideward bending.

10. Hip rotation
11. Alternate toe touching by arm by keeping wider stance.
12. Bending forward-backward, sideward by keeping wider stance.
13. Bending forward and touching the toe by hand.
14. Cross step and touching toe by hand.
15. Side lunging
16. Forward lunging
17. Ankle rotation, up-down, half rotation.
18. Two count jumping jacks, four count jumping jacks.

Conditioning Exercises :

1. Push ups, Dips, Chin ups.
2. Half Squats
3. High knee spot running
4. Jumping on single leg
5. Hopping on both legs
6. Hopping on single leg
7. Frog jumps
8. Leg Thrusts backward, sideward
9. Burpee
10. Sit-ups, V Sit-ups
11. Sit and Reach
12. Hurdle Stretch

CHAPTER-IV

4. AWARDS

4.1 Dronacharya Award

Dronacharya Award was instituted in 1985 to honour eminent coaches who have done outstanding and meritorious work on consistent basis, to motivate them to dedicate themselves with a singularity of purpose for raising the standards of sportspersons to highest performance in international events and bring glory to the country. The award is given to those who have produced outstanding achievements consistently during three years preceding the Award. Those who have contributed their life time to sports and sports promotion are also considered for this award. Every awardee is given a cash prize of Rs.500,000 lakhs along with a bronze statue of Dronacharya, a scroll, a suit, a blazer and a tie. Shri B.I. Fernandez is the First foreign Coach who was awarded by Dronacharya Award in 2012.



4.2 Arjuna Award

The **Arjuna Awards** were instituted in 1961 by the government of India to recognize outstanding achievement in National sports. The award carries a cash prize of ₹500,000, a bronze statuette of Arjuna and a scroll.

Over the years the scope of the award has been expanded and a large number of sports persons who belonged to the pre-Arjun Award era were also included in the list. Further, the number of disciplines for which the award is given was increased to include indigenous games and the physically handicapped category.

The Government has recently revised the scheme for the Arjun Award.^[1] As per the revised guidelines, to be eligible for the Award, a sportsperson should not only have had good performance consistently for the previous three years at the international level with excellence for the year for which the Award is recommended, but should also have shown qualities of leadership, sportsmanship and a sense of discipline.



Rajiv Gandhi Khel Ratna

The **Rajiv Gandhi Khel Ratna (RGKR)** is India's highest honour given for achievement in sports. The words "Khel Ratna" literally mean "sports gem" in Hindi. The award is named after the late Rajiv Gandhi, former Prime Minister of India. It carries a medal, a scroll of honour and a substantial cash component. Up to 2004–05, the cash component was Rs. 500,000/- (c.11,500 USD).The money has been increased from Rs. 500,000 to Rs. 750,000.^[1]

The award was instituted in the year 1991–92 to supply the lack of a supreme national accolade in the field of sports. Predating the RGKR are the

Arjuna awards that have always been given to outstanding sportspersons in each of many sporting disciplines every year. The Khel Ratna was devised to be an overarching honour, conferred for outstanding sporting performance, whether by an individual or a team, across all sporting disciplines in a given year



Chhatrapati award

Shiv Chhatrapati award includes trophy, 25000 rupees cash, a citation and a blazer. It is given on 19 Feb, birth anniversary of Shivaji Maharaj

Rani Laxmi Award

The award will carry a cash prize of **Rs.1 lakh and a citation**. The awards will be given to women who have triumphed over difficult circumstances and have fought for and established the rights of women in various fields. It is envisaged that women who have worked for the support and rehabilitation of women and children in especially difficult circumstances such as destitute women, widows, old aged and disabled women and victims of atrocities and conflicts would be awarded. Also, achievements of women who have worked in the areas of education, health, agriculture and rural industry, protection of forests and environment and those who have created awareness and consciousness on women's issues through arts and media would be recognized and awarded by the Government. The awards are proposed to be

presented in New Delhi on the occasion of International Women's Day i.e. 8th March.

Ekalavya Award

The Ekalavya Award comprises a purse of Rs. 2 lakh. Besides that, sportsmen will be presented a a coat, a neck tie, a pair of trousers and a blazer while sportswomen will be presented a silk sari worth Rs. 10,000.



Veer Bala Award and Bharat Award

The years 1969-70 featured the junior age group competitions at Hyderabad. Youth under 18 and Boys under 16 of age were two new categories introduced where Hemant Jogdeo of Maharashtra was adjudged as the best youth player of the year and was honoured by Abhimanyu Award. Women's junior group Girls under 16 were held in 1974 at Dewas when two more sub-junior groups Boys under 14 and Girls under 12 also commenced yearly championship tournament every year where the best sub-juniors were awarded 'Bharat Award' and 'Veer Bala Award' boys and girls respectively.

RECORDED OF ARJUNA AWARD IN KHO-KHO

Sl.No	Year	Name
1	1970	Shri Sudhir B. Parab
2	1971	Km. Achala Suberao Devra
3	1973	Km. B. H. Parikh
4	1974	Km. N. C. Sarolkar
5	1975	Km. Usha Vasant Nagarkar
6	1975	Shri Shreerang J. Inamadar
7	1976	Shri S. R. Dharwadkar
8	1981	Km. Sushma Sarolkar
9	1981	Shri H. M. Takalkar
10	1983	Km. Veena Narayan Parab
11	1984	Shri S. Prakash
12	1985	Km. S. B. Kulkarni
13	1998	Ms. Shoba Narayan

National Records

Senior National Kho Kho Championships (Men & Women)

VENU	YEAR	BOYS (Winner)	GIRLS (Winner)	EKLAWAYA AWARD	RANI LAXMI AWARD
Vijaywada	1959-60	Bombay	-	-	-
Kolhapur	1960-61	Maharashtra	Madhya Pradesh	-	-
Jabalpur	1961-62	Gujarat	Vidarbha	-	-
Vadora	1962-63	Maharashtra	Madhya Pradesh	-	-
Indore	1963-64	Gujarat	Madhya Pradesh	Vishwanath Mayekar (Maharashtra)	Usha Anantraman (Karnataka)
Hyderabad	1964-65	Gujarat	Madhya Pradesh	Sudhir Parab	Pushpa

				(Gujrat)	Bharnotekar (M.P)
Karad	1965-66	Maharashtra	Gujarat	Mohan Aajgankar (Maharashtra)	Urmila Paranjpe (Gujarat)
Vadodra	1967-68	Gujarat	Gujarat	Sudhir Parab (Gujrat)	Usha Loharkar (Vidharba)
Nagpur	1968-69	Maharashtra	Gujarat	Suhas Wagh (Maharashtra)	Shailaja Pinge (Vidharbha)
Bangalore	1969-70	Gujarat	Madhya Pradesh	N.Prakesh (Karnatake)	Achala Devare (Gujarat)
Rohtak	1970-71	Maharashtra	Maharashtra & Madhya Pradesh	Patwardhan (Maharashtra)	Jyoti Gode (M.P.)
Baramati	1972-73	Maharashtra	Gujarat	Prakesh Sheth (Maharashtra)	Nilima Sarolkar (M.P.)
Patiyala	1974-75	Maharashtra	Madhya Ptadesh	Suresh Ponkshe (Maharashtra)	Sushma Sarolkar (M.P.)
Vadora	1975-76	Maharashtra	Maharashtra	Hemant Jogdeo (Maharashtra)	Nirmala Medhkar (Maharashtra)

National Records

Senior National Kho Kho Championships (Men & Women)

VENU	YEAR	BOYS (Winner)	GIRLS (Winner)	EKLAWAYA AWARD	RANI LAXMI AWARD
Hyderabad	1976- 77	Maharashtra	Maharashtra	S.Venkataraju (Karnataka)	Kalindi Phadke (Maharashtra)
Oraiyya	1977- 78	Maharashtra	Maharashtra	S.Srinivasan (Karnataka)	Nisha Vaidya (M.P.)
Dhule	1978- 79	Maharashtra	Madhya Pradesh	Purandre (Maharashtra)	Mema Kabre (M.P.)
Tanjawar	1979- 80	Maharashtra	Maharashtra	Hemant Takalka (Maharashtra)	Nisha Ambike (Maharashtra)

Sangrul	1980-81	Maharashtra	Madhya Pradesh	Vilsa Marathe (Maharashtra)	Nilima Deshpande (M.P.)
Ichalkaranji	1981-82	Maharashtra	Maharashtra	Milind Marathe (Maharashtra)	Neeta Ambike (Maharashtra)
Bhadreshwar	1983-84	Maharashtra	Maharashtra	Pandurang Parab (Maharashtra)	Swati Karkhanis (Maharashtra)
Adilabad	1984-85	Karnataka	Maharashtra	S.Prakas (Karnataka)	Seema Joshi (Maharashtra)
Pune	1985-86	Maharashtra	Maharashtra	Nirmal Thorat (Maharashtra)	Surekha Kulkarni (Maharashtra)
Indore	1986-87	Maharashtra	Maharashtra	Sanjay Mauley (Maharashtra)	Swati Kulkarni (Maharashtra)
Vadodra	1987-88	Maharashtra	West Bengal	Abhya Joshi (Maharashtra)	Uma Chanda (West Bengal)
Ponda	1988-89	Maharashtra	West Bengal	Nitin Jadhav (Maharashtra)	Shamal Patil (Karnataka)
Dhula	1989-90	Maharashtra	West Bengal	Bipin Patil (Maharashtra)	Beena Das (West Bengal)

National Records

Senior National Kho Kho Championships (Men & Women)

VENU	YEAR	BOYS (Winner)	GIRLS (Winner)	EKLAWAYA AWARD	RANI LAXMI AWARD
Bhadreshwar	1991-92	Maharashtra & Madhya Pradesh	Maharashtra	Narendra Saha (Maharashtra)	Lata Vishwakarma (M.P.)
Bangalore	1992-93	Maharashtra	Karnataka	Atul Karkhanis (Maharashtra)	T.H.Venna (Karnataka)
Hissar	1994-95	Maharashtra	Karnataka	Mangesh Pathare (Maharashtra)	H.Pushplatha (Karnataka)

Navi Mumbai	1995- 96	Maharashtra	Karnataka	Ashutosh Gaikwari (maharashtra)	M.Sobha (karnataka)
Nasik	1996- 97	Maharashtra	Karnataka	Lalit Swant (Maharashtra)	Vandana Patil (Karnataka)
Payyanur	1997- 98	Maharashtra	Karnataka	Pravin Shinkar (Maharashtra)	Saraswati (Karnataka)
Indore	1998- 99	Maharashtra	Karnataka	W.D.Deepak (Karnataka)	Kirti Mhatre (Maharashtra)
Dhule	1999- 00	Maharashtra	Karnataka	Parag Ambekar (Maharashtra)	Shanta Gadkari (Karnataka)
Latur	2000- 01	Maharashtra	Karnataka	Vishal Parulekar (Maharashtra)	Bhavna Padvekar (Maharashtra)
Baramati	2001- 02	Maharashtra	Karnataka	Rajesh Pathare (Maharashtra)	K.M.Sunitha (Karnataka)
Rohtak	2002- 03	Maharashtra	Punjab	Ganesh Sawant (Maharashtra)	Palwinred Kaur (Punjab)
Dhule	2003- 04	Maharashtra	Punjab	Shantanu Inamdra (Maharashtra)	Paramjeet Kaur (Punjab)

National Records

Junior National Kho Kho Championships (Boys and Girls)

VENU	YEAR	BOYS (WINNER)	GIRLS (WINNER)	ABHIMANYU AWARD	JANKI AWARD
Hyderabad	1970-71	Maharashtra	-	Hemant Jogdeo	-
Baramati	1971-72	Maharashtra	-	Ashok Dahinje	-
Durgapur	1973-74	Maharashtra	-	Hemant Takalkar	-
Devas	1974-75	Maharashtra	Maharashtra	Pradeep Patil (Maharashtra)	Sunita Deshpande (Maharashtra)
Haskote	1975-76	Karnataka	-	Jayram Prasad	-

				(Karnataka)	
Elior	1977-78	Maharashtra	Maharashtra	Vivek Asnikar (Maharashtra)	Arundhati Pandit (MAharashtra)
Madras	1978-79	Maharashtra	Karnataka	Kishot Rathi (Maharashtra)	Asha (Karnataka)
Chikmanglor	1980-81	Maharashtra	Karnataka	Rajesh Sura (Maharashtra)	Swati Kulkarni (Maharashtra)
Dhule	1980-81	Maharashtra	Karnataka	Dinesh Bhatt (Maharashtra)	Jayashree (Karnataka)
Karimnagar	1983-84	Karnataka	Maharashtra	K.V.Prakash (Karnataka)	Nandini Deshmukh (Maharashtra)
Anakapalli	1986-87	Maharashtra	Karnataka	Mahesh Gokhale (Maharashtra)	Sudha (Karnataka)

National Records

Junior National Kho Kho Championships (Boys & Girls)

VENU	YEAR	BOYS (WINNER)	GIRLS (WINNER)	ABHIMANYU AWARD	JANKI AWARD
Bangalore	1987-88	Maharashtra	Karnataka	Sarang Bapat (Maharashtra)	Chetna (Karnataka)
Primpri	1987-88	Maharashtra	Maharashtra	Shilesh Bhilare (Maharashtra)	Vrushali Shewale (Maharashtra)
Vardha	1989-90	Maharashtra	Maharashtra	Pannndharinath Badgujar (Maharashtra)	Girija Shinde (Maharashtra)
Kandkon	1992-93	Maharashtra	Maharashtra	Nandkumar Patil (Maharashtra)	Deepa Sane (Maharashtra)
Dhule	1993-94	Karnataka	Maharashtra	Shailesh Gaurav (Maharashtra)	Pankaja (Karnataka)
Ludhiana	1994-95	Karnataka	Maharashtra	D.Mohan (Karnataka)	MAdhavi Kadam (Maharashtra)

Trichanapali	1995-96	Karnataka	Maharashtra	D.R.Jaiprakesh (Karnataka)	Shubhangi Kondushkar (Maharashtra)
Warrangal	1996-97	Karnataka	West Bengal	R.Velan (Karnataka)	Ratna Mohanto (West Bengal)
Aurangabad	1999-00	Karnataka	karnataka	S. N. Manishkumar (Karnataka)	S.Netravati (Karnataka)
Sangrur	2000-01	Maharashtra	Punjab	Sanket Harkare (Maharashtra)	Parvinder Kaur (Punjab)
Beed	2001-02	Maharashtra	Maharashtra	Nilesh Namane (Maharashtra)	Ashwini Khatke (Maharashtra)

National Records

Junior National Kho Kho Championships (Boys & Girls)

VENU	YEAR	BOYS (WINNER)	GIRLS (WINNER)	ABHIMANYU AWARD	JANKI AWARD
Pondicherry	2002-03	Karnataka	West Bengal	G.Manjunath (Karnataka)	Parmjeet Kaur (Punjab)
Patiala	2003-04	Maharashtra	Punjab	Saket Jaste (Maharashtra)	Amardeep Kour (Punjab)
Solan	2004-05	Maharashtra	Maharashtra	Rahul Tamgave (Maharashtra)	Shilpa Jadhav (Maharashtra)

National Records

Sub-Junior National Kho Kho Championships (Boys & Girls)

VENU	YEAR	BOYS (WINNER)	GIRLS (WINNER)	BHARAT AWARD	VEER BALA WARD
Dhula	1980-81	Karnataka	Karnataka	V.N.Nagraj (Karnataka)	L.Sandhya (Karnataka)
Pravanagar	1982-83	Karnataka	Karnataka	Arun Kumar Chauhan (Karnataka)	Laximbai (Karnataka)
HYderabad	1983-84	Maharashtra	Maharashtra	-	Rasai (Maharashtra)
Pondicherry	1986-87	Karnataka	Karnataka	-	Radha (Karnataka)
Bansbaria	1988-89	Karnataka	Karnataka	Mohan Manalkar (Karnataka)	B.N.Manjula (Karnataka)
Aurangabad	1990-91	Karnataka	Karnataka	Sanjay (Karnataka)	Pushpalata (Karnataka)
Patiyala	1992-92	Karnataka	Karnataka	Kari Basappa (Karnataka)	Girija (Karnataka)
Mandya	1994-95	Karnataka	Punjab	P.Dawlth (Karnataka)	Urjit Kaur (Punjab)
Lucknow	1995-96	Karnataka	Karnataka	Javed Akhtar (Karnataka)	M.L.Majula (Karnataka)
Siligudi	1996-97	Karnataka	Punjab	Mukund Gaikwad (Maharashtra)	Palminder Kaur (Punjab)

National Records

Sub-Junior National Kho Kho Championships (Boys & Girls)

VENU	YEAR	BOYS (WINNER)	GIRLS (WINNER)	BHARAT AWARD	VEER BALA WARD
Bhadareshwar	1999-00	West Bengal	West Bengal	Sukhdeo Biswas (West Bengal)	Rakhi Paramanik (West Bengal)
Madgaon	2000-01	Karnataka	West Bengal	Pradeep.H.M. (Karnataka)	Sanju Mahanta West Bengal
Vardha	2001-02	Karnataka	Maharashtra	Ganesh Sardar (West Bengal)	Kirti Taware (Karnataka)
Siligudi	2002-03	Karnataka	Maharashtra	Pradeep K.C (Maharashtra)	Sangeeta Chavan (Karnataka)
Mehsana	2003-04	Karnataka	Maharashtra	G.V.Lokesh (Karnataka)	Manisha Ingole (Maharashtra)

SCORE SHEET KHO-KHO

Place..... Date:-

Girls / Boys Senior/Junior/Sub-junior/Mini

..... V/S

Toss wine by..... Choice of Toss winner.....

RefereeUmpire(1)

Umpire (2)

ScorerTime Keeper

Name of Team				Name of Team			
Sl. no	Name of Players	Order in First Innings	Order in Second Innings	Sl. no	Name of Players	Order in First Innings	Order in Second Innings
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							

Players Out In Second Innings

1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16

Players Out In Second Innings

1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16

Points Scored During Extra Time

.....

Points Scored During Extra Time

.....

First Player out After Extra Time

First Player out After Extra Time

Time.....MinSec

Time.....Min.....Sec

Total Points

Total Points

Signature of Referee.....

Signature of

Referee.....

Signature of Time Keeper.....Captain(1).....Signature

Signature of Umpire(1).....Captain(2).....

Signature

Signature of Umpire(2)

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