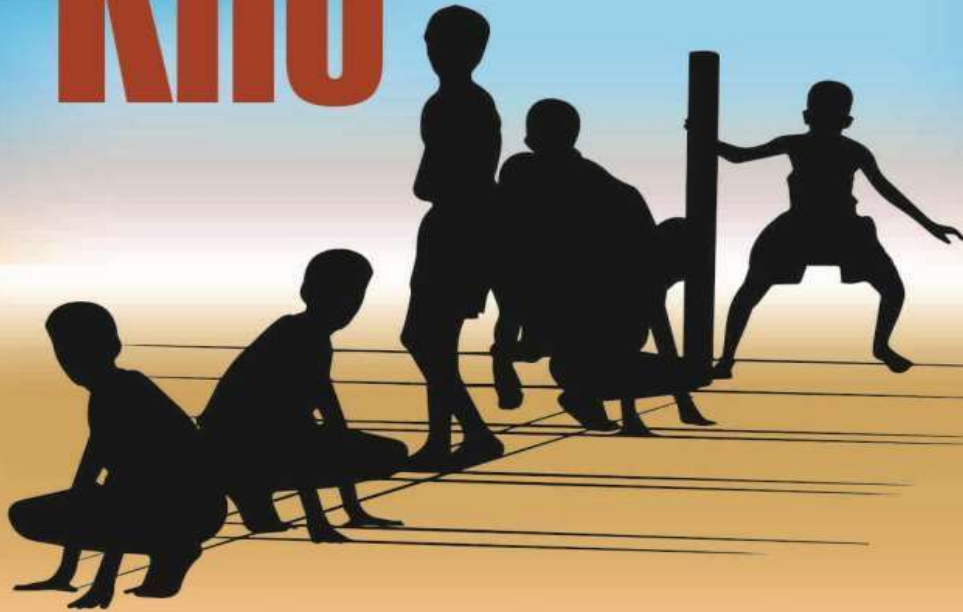


Kho Kho



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Introduction

Kho Kho is an Indian sport played by teams of twelve players who try to avoid being touched by members of the opposing team, only 9 players of the team enter the field. Kho Kho and lund in bhos , in spite of popular misconception, are not the same.



- ✓ In Kho Kho, one team sits or kneels in the middle of the court, in a row, with alternate members in the row facing opposite directions.
- ✓ The other team may send two or three members in the court. The motive for the sitting team is to try to "tag" the opponents.
- ✓ The chasers can only run in one direction and cannot cut across the sitters (unlike the dodgers who can run randomly and in between the sitters).
- ✓ They have to run round the entire row to reach the other side.
- ✓ The other option is to pass the chasing job to another sitter whose back is facing you as you are running.
- ✓ The chaser touches the sitter he wants (usually nearest to the target) and shouts "kho" to signify the change of guard.
- ✓ The objective is to tag all the opponents in the shortest time possible. If the other team takes longer, the former team wins.



Kho Kho ranks as one of the most popular traditional sports of India. The origin of Kho Kho is difficult to trace, but many historians believe, that it's a modified form of 'Run chase', which in its simplest form involves chasing and touching a person. With its origin in Maharashtra, Kho Kho in ancient times, was played on 'raths' or chariots, and was known as RATHERA.

Like all Indian games, it is simple, inexpensive and enjoyable. It does, however, demands 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 rules of the game were framed in the 20th century. The Government initiated the following awards for the game-Arjuna Award, Eklavya Award for the men , Rani Laxmi Bai award for women, Veer Abhimanyu Award for boys under 18, and Janaki award for the girls under 16.

How the Game is Played

Each team consists of twelve players, but only nine players take the field for a contest. A match consists of two innings. An innings consists of chasing and running turns of 7 minutes each. Eight members from the chasing team sit on their central lane, while the ninth member is an active chaser, and stands at either of the posts, ready to begin the pursuit. Members of the chasing team have to put the opponent out, touching them with their palms, but without committing a foul. All the action in Kho Kho is provided by the defenders, who try to play out the 7 minutes time, and the chasers who try to dismiss them.

Defenders enter the limit, in batches of three. After the third and the last defender of the 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 the sides of the central line, but the active chaser cannot change his direction to which he is committed. He cannot cross the central lane. Active chaser can change direction with a seated chaser by touching him on his back and uttering a word 'kho'. The next chaser will then continue the chase.

Field

Kho playground is rectangular. It is 29 meters in length and 16 meters in width. There are two rectangles at the end. One side of the rectangle is 16 meter and the other side is 2.75 meters. In the middle of these two rectangles, there shall be two wooden poles.

The central lane is 907.50 cm long and 30 cm X 30 cm on the lane. There are eight cross lanes which lie across the small squares and each of it is 500cm in length and 70 cm in breadth, at right angles to the central lane and divided equally into two parts of 7.30cm each by central lane. At the end of central lane, two posts shall be fixed. They shall be 120 cm above the ground and their circumference shall be not less than 30 cm and not more than 40 cm. The post shall be made of wooden poles which are smooth all over. The posts shall be fixed firmly in the free zone tangent to the post-line at a height between 120 to 125 cm. The top of the post shall be flat and free from any sharp edges.



Equipment



The equipment used in Kho- Kho are posts, strings, measuring tape (metallic), lime powder, wire nails, two watches, two types of rings having inner circumference of 30 cm and 40 cm and some stationery to write results etc

Kho Kho players who have won the Arjuna Award

A number of players have bagged the Arjuna Award. Some of these players are:


- 1 Shri Shekhar Dharwadkar
- 2 Shri Shrirang Inamdar
- 3 Usha Nagarkar
- 4 Nilima Sarolkar
- 5 Achala Devare

DOMESTIC SEASONS AND TOURNAMENTS OF KHO KHO:

- 1 National Championships
- 2 Junior National Championship
- 3 Sub Junior National Championship
- 4 School Championship
- 5 Mini School Championship
- 6 Primary Mini School Championship
- 7 National Women Championship
- 8 All India Inter University Championship and Federation Cup

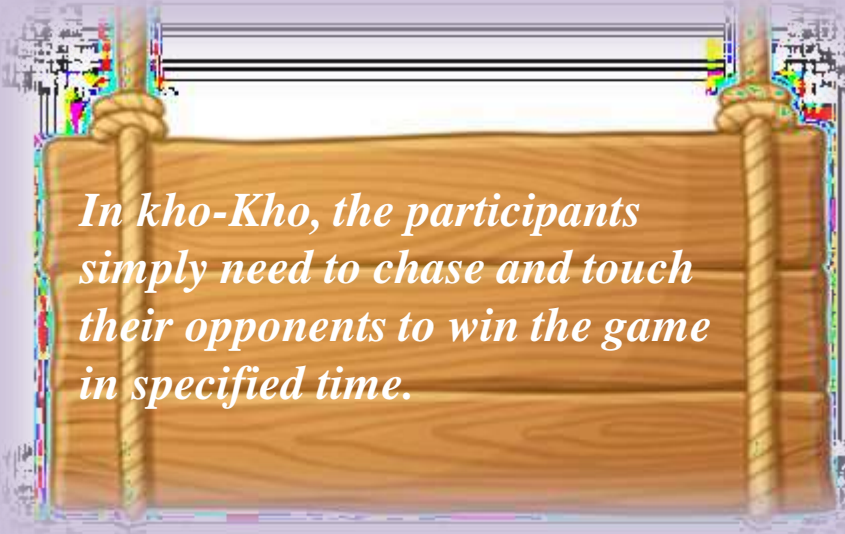


Is it Run Chase?



Hmm..Now we called it as Kho Kho.

It requires strength, speed and endurance along with the other abilities.



In kho-Kho, the participants simply need to chase and touch their opponents to win the game in specified time.

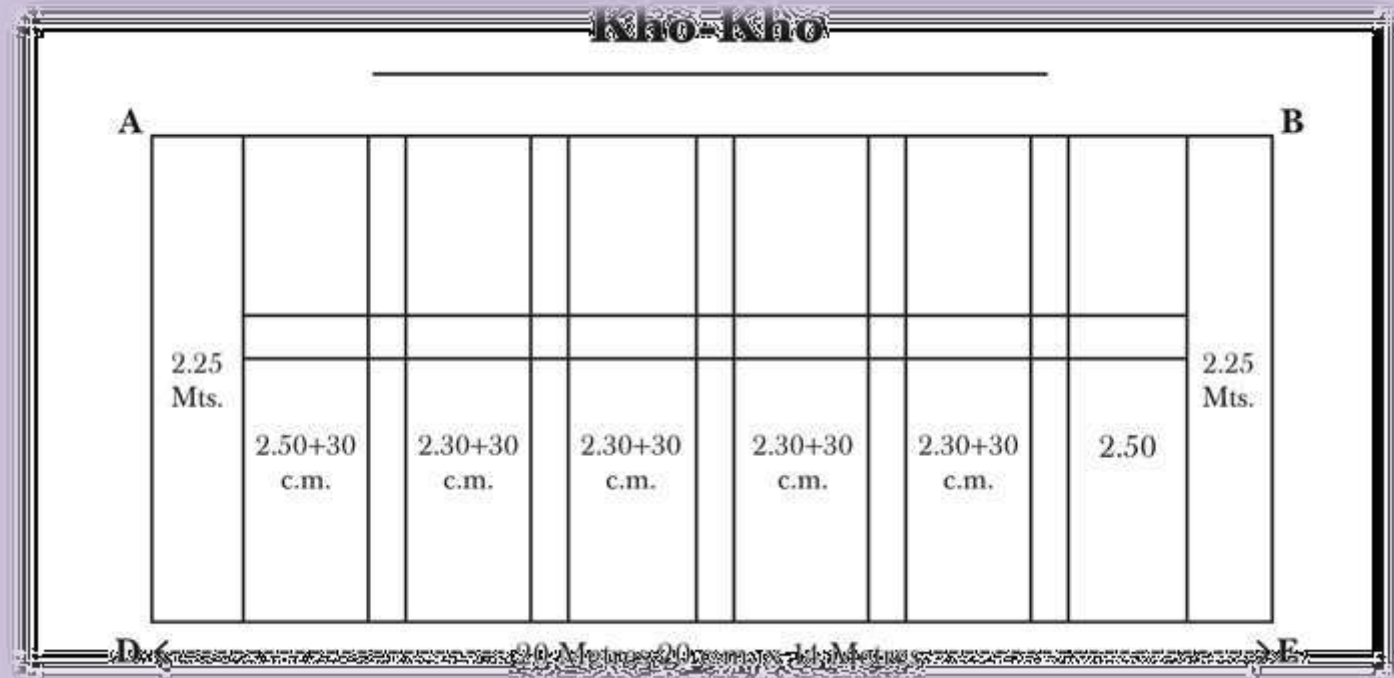
Kho KHO

It is played by teams of twelve players, of which nine enter the field, who try to avoid being touched by members of the opposing team.



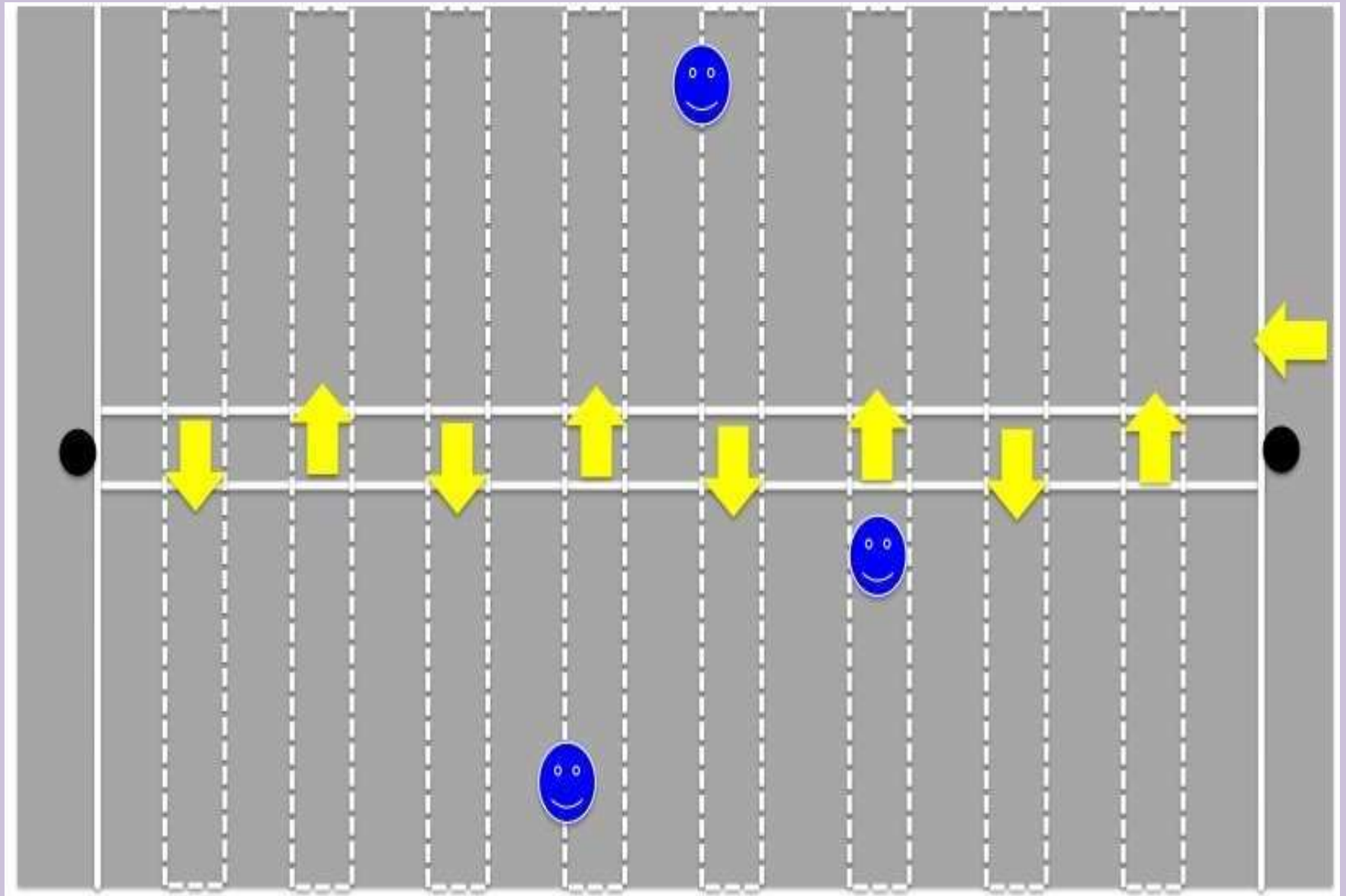
kho kho game play (2).mp4

COURT OF KHO KHO



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

Court Dimensions of Kho kho



Court Dimensions of Kho kho

- A kho- kho playground (or pitch) is rectangular.
- It is 30 metres in length and 19 metres in width.
- There are two rectangles at the end.
- Length of the rectangle is 16 metres and the width is 2.75 metres.
- In the middle of these two rectangles, there are two wooden poles.
- The central lane is 23.50 metres long and 30 cm wide.

- **The central lane is 23.50 metres long and 30 cm wide.**
- **There are eight cross lanes which lie across central lane, length of the cross lanes, are 16 metres and width 30 cm.**
- **It makes the small rectangles and each of it is 16 metres in length and 2.3 metres in breadth,(the two rectangles of near by the wooden poles are 2.5 metres width) at right angles to the central lane and divided equally into two parts of 7.85 metres each by central lane**



➤ At the end of central lane, the free zone tangent to the post-line, two smooth wooden posts are fixed, 120 cm height from the ground and their circumference is not less than 30 cm and not more than 40 cm.

RULES & REGULATIONS OF KHO KHO

1. Now, the length and breadth of kho - kho court is 29 m x 16 m.

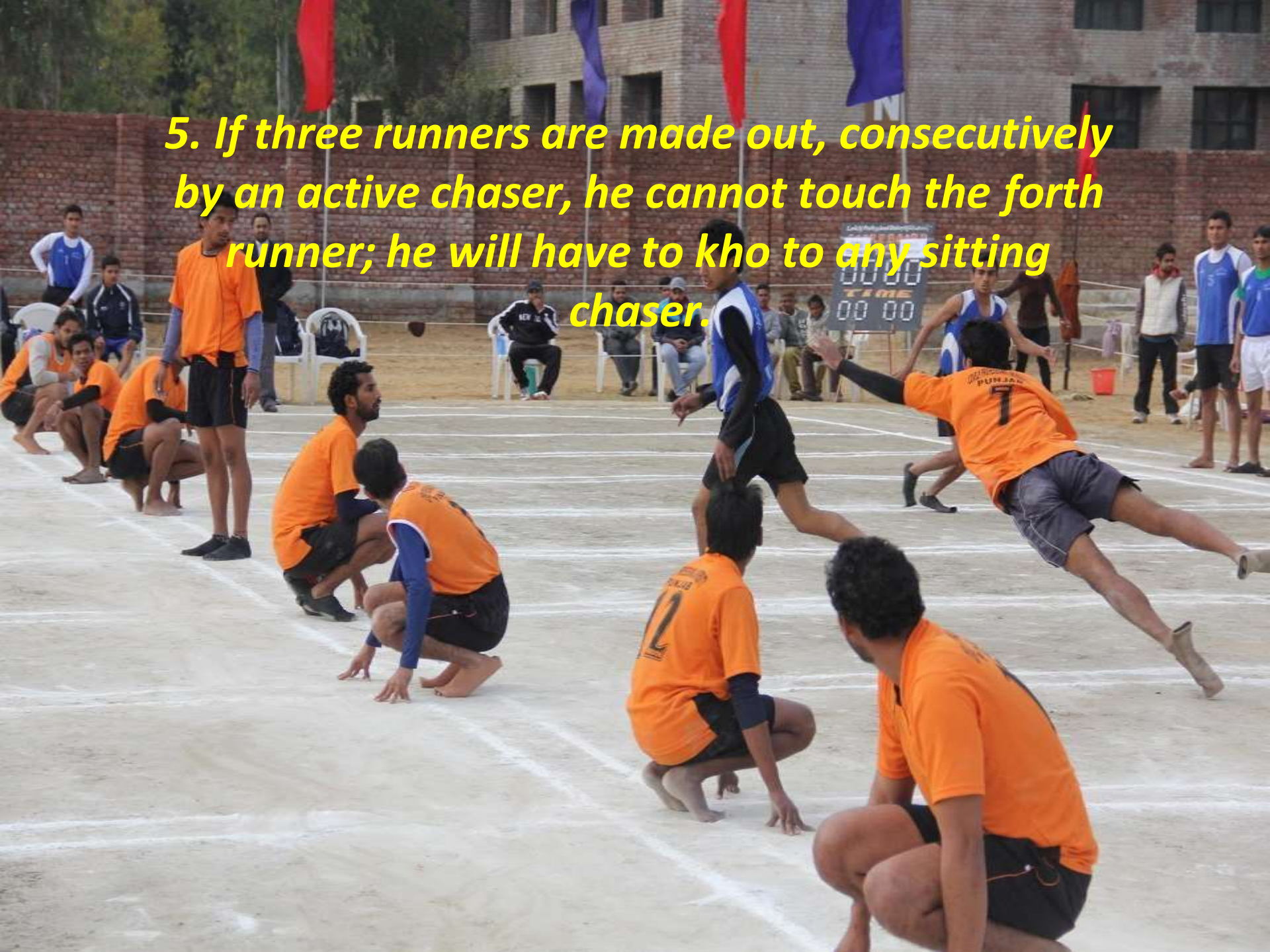
2. Pole to pole distance is 23.50 m

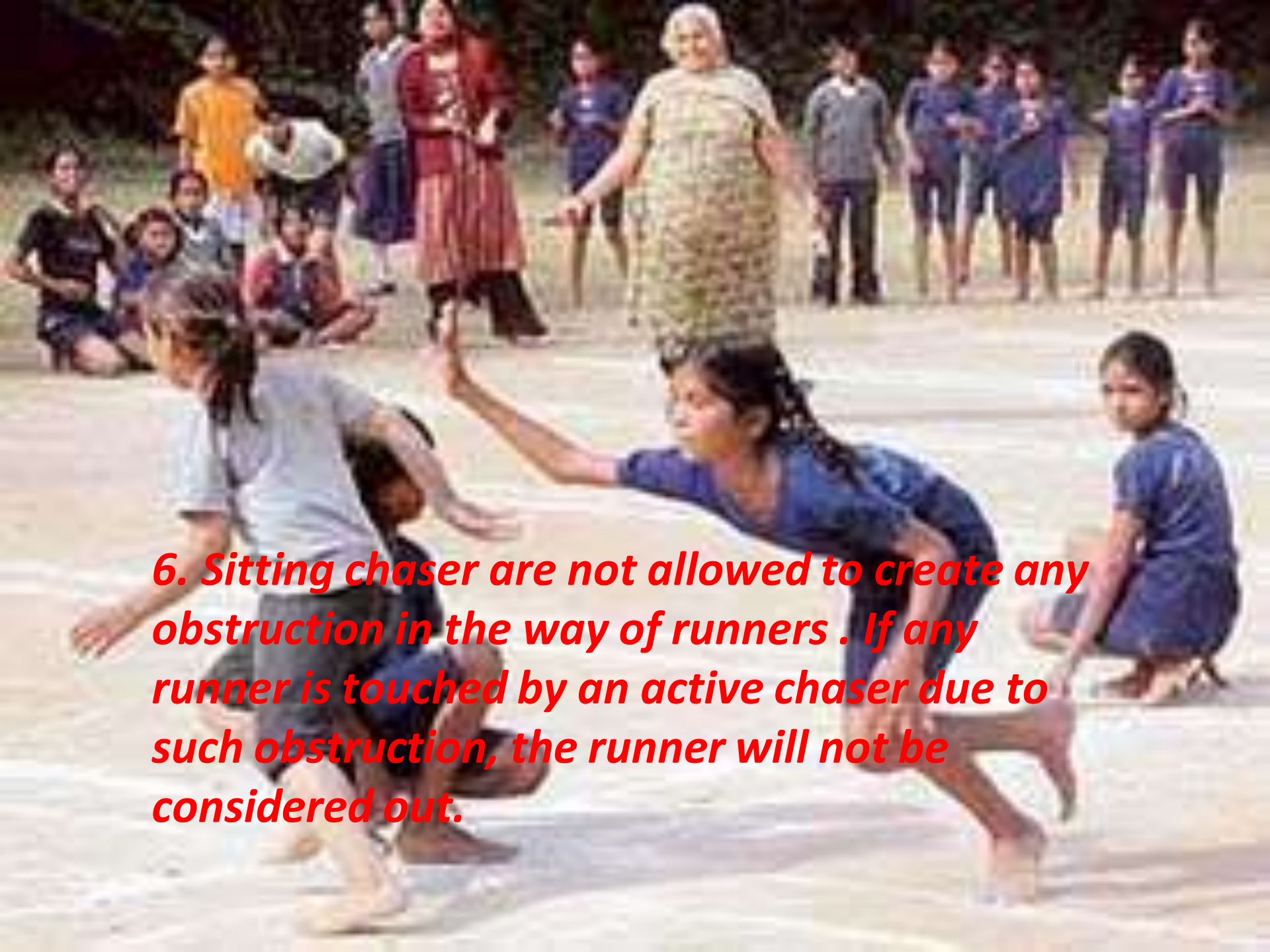
3. Each team plays for 9 minutes instead of 7x1/2 minutes.

4. A runner shall not touch any sitting chaser . If he does so, he will be given a caution. But if he does it again, he will be declared out.



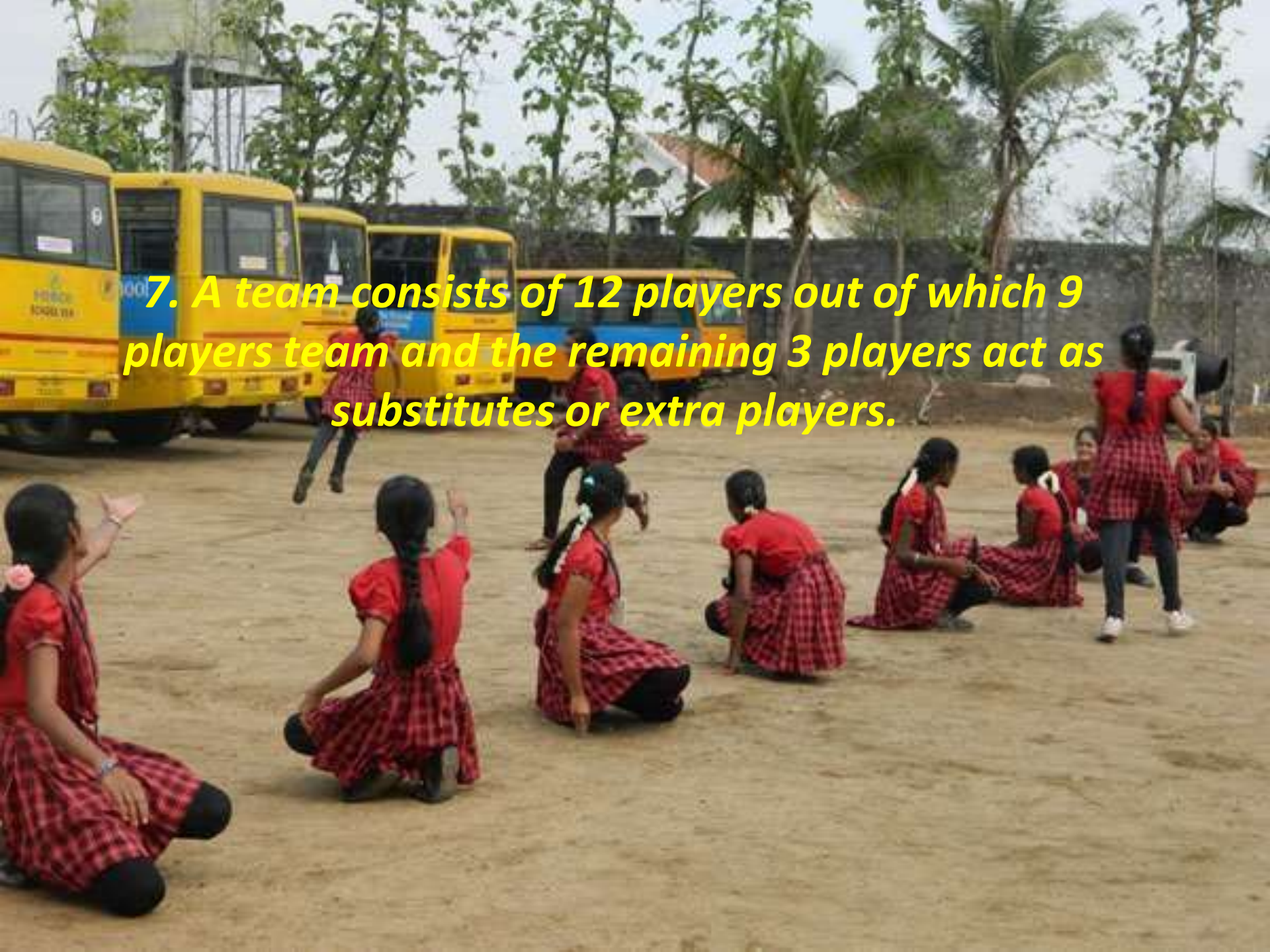
5. If three runners are made out, consecutively by an active chaser, he cannot touch the forth runner; he will have to kho to any sitting chaser.

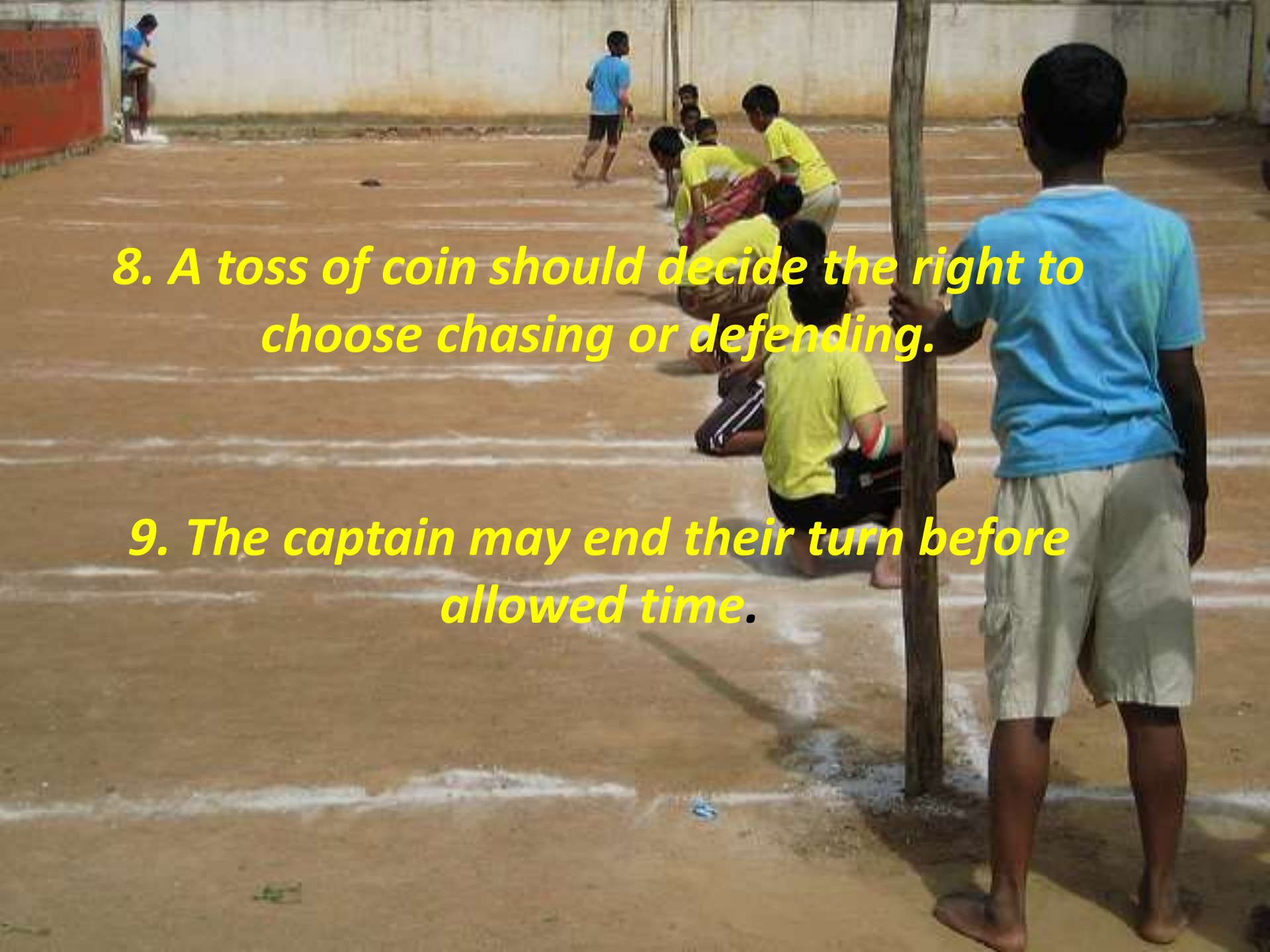




6. Sitting chaser are not allowed to create any obstruction in the way of runners . If any runner is touched by an active chaser due to such obstruction, the runner will not be considered out.

7. A team consists of 12 players out of which 9 players team and the remaining 3 players act as substitutes or extra players.





8. A toss of coin should decide the right to choose chasing or defending.

9. The captain may end their turn before allowed time.



10. When the turn starts, a chaser should not leave the square without getting a 'kho'.

11. The team, which scores more wins a match.

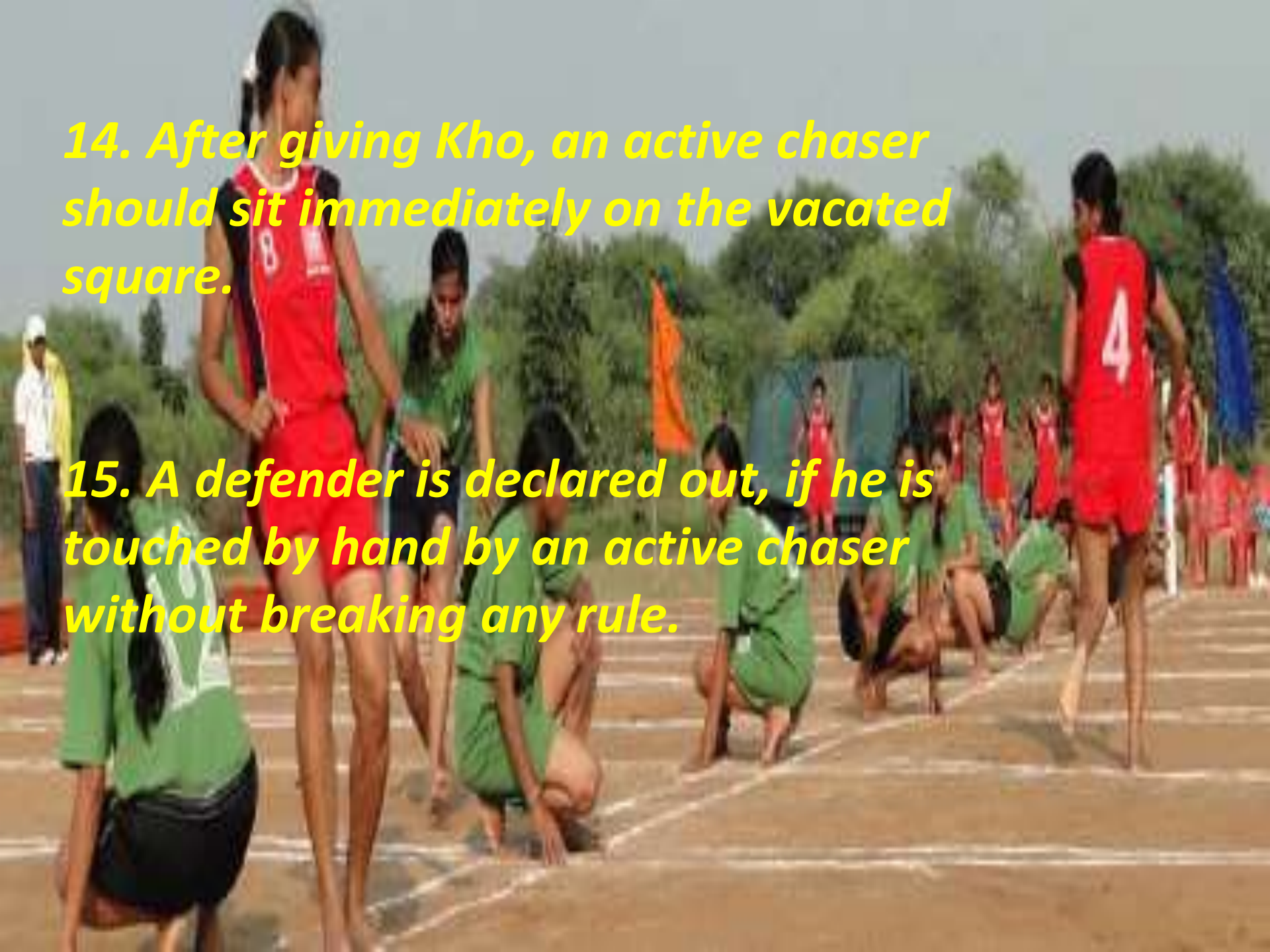
*12. Once all the runner are out before time .
they send their runners again in the same
order.*

*13. A 'kho' by a chaser should be given from
behind a sitting chaser loudly*

kho-kho

14. After giving Kho, an active chaser should sit immediately on the vacated square.

15. A defender is declared out, if he is touched by hand by an active chaser without breaking any rule.





THANK
YOU