

KHO-KHO

GENERAL RULES

- A team consists 12 player and 9 player will take the field
- Each game consists 2 innings and each innings consists of 2 turns(chasing and defending turns) each of 9 minute duration for both men and women.
- There will be a 3 minutes break between each turn and a 6 minutes break after each innings.
- Referee shall call both the captains for the spin of the coin.He shall instruct one of them to call the choice of the side of the coin. The captain who won the toss will choose running or defending which is for both innings.
- The chasing team scores one point for each runner who is out.
- After the commencement of a turn, no Chaser shall leave the Chaser Block without getting a KHO or change the face.
- If he does so, it is a Foul and repetition of the same will amount to misbehavior.
- At the commencement of a turn, the first batch of three Defenders shall be inside the Field. Subsequently next 3 Runners shall enter the Court through their Entry Zone only. When third Defender of a batch is declared out.
- If a KHO is given, it shall be given from behind a Chaser by touching

- the Chaser by hand between an imaginary shoulder line and waist line and uttering the word "KHO" with a sufficiently loud tone so that the Defender and officials can hear. Chaser shall not get up without getting a KHO.
- If the action of uttering the word KHO precedes the action of touching by hand, then it shall be deemed as Foul. Single action of touching will not be deemed as Foul.
- A Defender cannot touch a Chaser. If he does so, he shall be warned once verbally in a turn. If he repeats the same, he shall be declared out.
- An Attacker cannot change his Direction by simply kicking the Post by his leg. If he does so, it will be declared as Foul.
- In a situation when all 3 Runners of a batch have not decided and not entered in the Entry Zone and have not entered the Field before two correct KHOS are given, Referee has the discretion to decide the batch and declare them out. The Referee shall allow the next batch to enter in the Field within 15 Seconds.
- The Captain of the Chasing team shall have the option to end the turn before allotted time provided after scoring more than 9 points in the first inning. For next innings there is no restriction to end the turn.
- If the points are equal after two innings, one more Inning (one turn for each side as Chasers and Runners) shall be played.

Any number of substitutions can be allowed by the Referee. As soon as Referee announces the substitute Chaser, the particular Chaser will become in action and it is mandatory for him to

- come out of the Field immediately and incoming Chaser will take his place.
- Substitution Attacker shall not pursue the Defender directly, he shall give KHO first.
- An Attacker who put out the last Defender of the batch shall not chase the new batch of Defenders. He shall give KHO, if attacks, it shall be Foul.
- Following things will be provided by NIT Rourkela for each participation team,
 - Anklets- (12+12) pair
 - Elbow guard- (12+ 12) pair
 - Knee cap - (12+12) pair
 - First aid :-
 - VOLINI GEL - 3
 - VOLINI SPRAY - 3
 - COTTON ROLL - 2
 - BANDAGES - 1
 - THREAD BANDAGES - 2
 - WOUND OINTMENT-2
 - SAVLON-2
 - GLUCOSE-6