KHO KHO

Kho kho is a traditional Indian sport that dates back to ancient India.It is the second-most popular traditional tag game in the Indian subcontinent after kabaddi. Kho kho is played on a rectangular court with a central lane connecting two poles which are at either end of the court. During the game, nine players from the chasing team (attacking team) are on the field, with eight of them sitting (crouched) in the central lane, while three runners from the defending team run around the court and try to avoid being touched.Each sitting player on the chasing team faces the opposite direction of their adjacent teammates

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