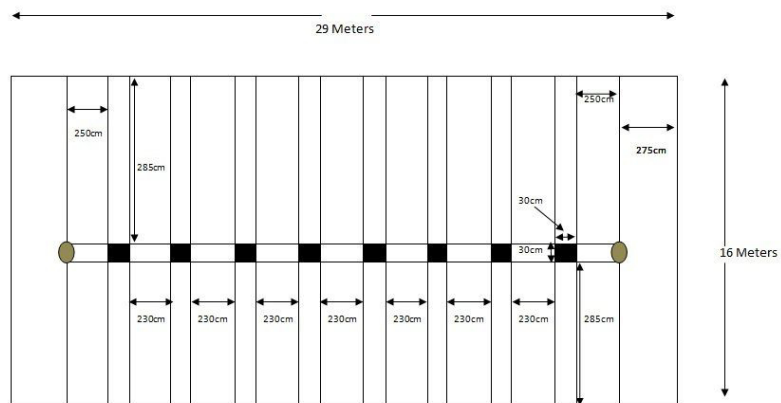


KHO KHO



October 25, 2023



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.





Mark the playing area with the chalk or string. Draw a line down the middle of the field and place the poles at each end of the dividing line.

Divide yourselves into two equal teams (12 is ideal but not less than six). One team are the chasers and other, the defenders. Don't worry, you'll get to swap around often.

The chasing team lines up on the middle line, facing in alternate directions. You can only 'chase' on the side of the pitch you're facing.

The defenders enter the field in groups of three. Defenders need to avoid being tagged by a chaser and can run anywhere on the field. If you get tagged, you're out.

The chaser at the pole starts and must try to tag one of the defenders on their side of the field. If a defender crosses the line to the other side, the chaser taps one of his teammates who is sitting facing the other direction and shouts "Kho!".

The teammate must then try to tag the defender.

Chasers can swap with a teammate every time the defender moves into the opposite side of the pitch.

Chasers, your aim is to tag all the defenders quickly.

The team that gets the defenders out the quickest, wins.

[#khokho](#) [#keepsupporting](#) [#tamilnadu](#) [#ultimategkhokho](#)

[Powered by Blogger](#)

[Report Abuse](#)