



ATHLEON

Where Athletes Defy Gravity

रुत्ते BOOK

KHO-KHO

Rules :

1. Team Composition

- Each team is comprised of 12 players, with only 7 players permitted on the field at a time of attacking and 12 defenders (4 batches of 3).

2. Match Duration

- A standard Kho-Kho match consists of two innings.
- Each inning includes two turns: one turn for chasing and one turn for defending.
- The duration of each turn is 7 minutes, including the time allocated for switching roles between chasing and defending.
- A short break is observed between innings.

3. Field and Setup

- The game is played on a rectangular field, with poles at both ends.
- The field is divided into lanes to guide the movement of players.

4. Gameplay Rules

- The chasing team sits in a row, alternating directions, except for the active chaser (runner) who will attempt to tag defenders.
- The active chaser must attempt to tag the defenders (dodgers) within the field.
- Chasers can only move in one direction. To change direction or lanes, a chaser must touch a teammate and call out the word “Kho”.
- The defending team must avoid being tagged by moving within the field, following the rules, and staying within the bounds of the playing area.

5. Scoring System

- Each successful tag (out) earns the chasing team one point.
- The team with the most points at the end of the game is declared the winner.
- If the chasing team eliminates all defenders before the end of the allotted time,
- they are permitted to continue chasing additional defenders.

6. Fouls and Violations

- Chasers are prohibited from turning back or crossing lanes without properly calling out “Kho”. Any such violation renders the chase invalid.
- Defenders must remain within the boundaries of the field. Going out of bounds results in being tagged out.
- Any violation of fair play or rough play, including pushing, unsportsmanlike conduct, or other inappropriate behavior, will lead to penalties.
- Chasers who commit any foul or infringement will have their chase deemed invalid.

7. Player Conduct and Fair Play

- All players must respect the rules and adhere to decisions made by the match officials.
- Any intentional delay or argument with officials is considered unsporting and may lead to warnings or suspension.
- Players are expected to demonstrate discipline, maintain a high standard of sportsmanship, and ensure fair play throughout the match.

8. Winning the Match

- The team with the highest score at the conclusion of both innings is declared the winner.
- In the event of a tie, additional extra time or a tiebreaker rule will be applied to determine the winner.

All the matches will be on Knockout basis. FINAL DECISION will be taken by the Officials. These official rules ensure the smooth conduct of the game and uphold the principles of fair play, sportsmanship, and competitive spirit in Kho-Kho.

CONCLUSION :

As we come to the end of the Athleon Fest Rules and Regulations book, we want to reiterate the importance of maintaining the spirit of sportsmanship, respect, and fair play throughout the event. By adhering to these guidelines, we ensure a positive and enjoyable experience for everyone involved — from competitors to volunteers to spectators. The RGNAU'S Fest is an opportunity to celebrate not just individual achievements, but also the strength of our community. It is about coming together, pushing your limits, supporting one another, and creating memories that will last far beyond the event itself. Whether you take home a trophy or simply enjoy the camaraderie of the games, every participant plays a vital role in making this event special. We encourage you to approach every event with enthusiasm, respect for others, and a commitment to excellence. Remember that the true essence of the Athleon Fest lies in participation, unity, and the joy of friendly competition. Let's embrace the opportunity to grow, learn, and have fun together. Thank you for your commitment to the event, and we wish you the best of luck as you participate in this exciting celebration of athleticism, school spirit, and community. May the ATHLEON FEST be an unforgettable experience for you all. Enjoy, compete fairly, and most importantly, have fun!!!