

Sports Awards in India

India has long traditions in physical fitness and sports. Our epic period provides details about *ashrams* (the teaching place) where students were taught about various skills. They were also taught by their *gurus* (coaches/masters) the various techniques of fitness like fighting, archery, wrestling, sword fighting, yogic techniques, etc.

It was the *Guru* (master/coach) who brought perfection in them, whereas *shishya* (student/trainee) followed the instructions very dedicatedly and perfected them. The example of this excellence was *Arjuna* (student of Guru Dronacharya) who was excellent in archery after the training of his master.

Modern India has honoured players and their coaches for their workout by constituting Sports Awards in their names for excellence in sports and sports coaching. They are recognised for their outstanding achievements and performance in the field of sports and coaching. These awards are highly motivating for both players and coaches for their excellence. These awards encourage them. There are various Sports Awards. Some of them are also recognised by Government of India like *Arjuna Award*, *Dronacharya Award*, *Rajiv Gandhi Khel Ratna*, *Padma Shree*, etc. These awards have many incentives for their recipients like cash amount ; job in Government sectors like Railway, Police, Defence, other private sectors or public sectors. These awards also provide jobs for them in Airlines, Petroleum, Taxation department, etc; free passes for two persons in 2nd class A/C in Railway ; residential plots, flats, houses for them ; pension for players and coaches, financial help to poor sportspersons, economic help, medical aid during injury, chronic disease or medical assistance, etc.

There are many sports awards but the Government of India has recognised the following. Every year they are given on the birthday of Dhyan Chand, i.e., on 29th August by the President of India at a prestigious function in *Rashtrapati Bhavan* (New Delhi), like *Arjuna Award*, *Dronacharya Award*, *Rajiv Gandhi Khel Ratna* and *Dhyan Chand Award*. Various universities of India compete among various games and sports for the *Maulana Abul Kalam Azad Trophy*. This running trophy is awarded every year to best performer of the university in various games and sports.

ARJUNA AWARD

This prestigious sports award was first introduced in the year 1961. It was named after the great perfect student *Arjuna* (of Mahabharata). As per revised schematic guidelines, this award is given to the sports personality who excels in games and sports for three consecutive years (at National and International level) and also have shown qualities of leadership, sportsmanship and sense of discipline. It consists of five lakh rupees cash, scroll of honour and statue of *Arjuna*. This award is decided by a ten member committee (seven Olympic players and three SAI officials). It is given in three categories (a) Olympic/ Asian / World Cup/World Championship / Commonwealth Games /Cricket (b) Indigenous/ Indian games (c) Physically challenged games or sports.



Arjuna Award

DRONACHARYA AWARD

This award is given to honour those coaches who have successfully trained sportspersons or teams and enabled them to achieve outstanding results in international competitions. This eminent award was started in the year 1985. It is given to coaches for their hard work to produce top level sportspersons. This award is named after the legendary guru or teacher *Dronacharya*. In this award, the coach is given five lakh rupees cash, scroll of honour and statue of guru *Dronacharya*. Some of its recipients are Karan Singh, Anju Bobby George (Athletics), D.P. Azad (Cricket), Rajinder Singh (Hockey), Sayeed Naemuddin (Football), Sham Sunder Rao (Volleyball).



Dronacharya Award

RAJIV GANDHI KHEL RATNA

It is the highest sports award given to a sportsperson who has achieved the heights of skills in games and sports at International level competitions. The objective of this award is honouring sportspersons to enhance their general status and to give them greater dignity and place of honour in society. This award was launched in the year 1991 in the memory of late Prime Minister, Mr Rajiv Gandhi (great sports lover). In this award the sportsperson is presented with scroll of honour along with cash of seven lakh fifty thousand rupees. For this award high class performance for the progress of sports is considered. Some of its recipients are Sachin Tendulkar, M.S. Dhoni (Cricket) ; Anju Bobby George (Athletics), Dhanraj Pillay (Hockey), Leander Peas (Tennis), Lt Col. Rajyavardan (Shooting), Sushil Kumar (Wrestling), Vijendra Singh (Boxing), Saina Nehwal (Badminton).)



Rajiv Gandhi Khel Ratna

DHYAN CHAND AWARD

This newly started sports award was instituted in the year 2002. This award is given for lifetime achievement in games or sports, i.e., to honour those sportspersons who have contributed to sports by their performance and continue to contribute to promote sports even after their retirement from active sporting career. The award carries a cash reward of rupees five lakh, a plaque and scroll of honour. Some of its recipients are Ms Aparna Ghosh (Basketball), Ashok Diwan (Hockey), Ishwar Singh Deol (Athletics), Satbir Singh Dahya (Wrestling).



Dhyan Chand Award



Maulana Abul Kalam Azad Trophy

MAULANA ABUL KALAM AZAD TROPHY

The Maulana Abul Kalam Azad Trophy was instituted as a Running Trophy in 1956-57. This trophy is awarded annually to the University which has given the best all round performance during the year of award. The winner receives a replica of the trophy and cash award of rupees ten lakh which is to be utilised for acquiring sports equipment. Guru Nanak Dev University (GNDU) has honour of winning maximum number of times.

INDIAN OLYMPIC ASSOCIATION (IOA)

Indian Olympic Association (IOA) was formed in 1927 by Dorabji Tata as its first President, D.G. Noehrem as its Secretary and G.D. Sondhi as Assistant Secretary. Since then Indian Olympic Association is functioning and it is affiliated with International Olympic Committee (IOC).

The functions of IOA are as follows :

- (i) To develop and promote the Olympic movement and amateur sports.
- (ii) To promote and encourage the physical, moral and cultural values among youth for development of good health and good citizen.
- (iii) To enforce all rules and regulations of games and sports at national level competitions.
- (iv) To provide training and preparation of players for participation at International level competitions, like Olympic Games, Asian Games, Commonwealth Games, South Asian Games, World Championships and other International Games.
- (v) To assist National Sports Associations / Federations for better selection of players and their training.
- (vi) To provide technical help for conducting National level competitions.
- (vii) To observe and check the smooth working of National Sports Associations/ Federations.
- (viii) To provide official sponsorship to players for participation at International level competitions.
- (ix) To supervise the sports developments in the country like stadia, infrastructure, etc.
- (x) Random check of athletes related to drugs, etc., as per directions of IOC.
- (xi) To arrange funds for sports programmes for training of players, infrastructural developments and sponsorship of players, etc.
- (xii) To promote Olympic Games at every level in India.



SCHOOL GAMES FEDERATION OF INDIA (SGFI)

It was formed in 1961. This is the controlling body for the participation of school players at various levels of competition. It is now affiliated and recognised body of Directorate of Sports and Youth Affairs, State Sports Department, State Education Department and Sports Authority of India.

The main functions of SGFI are :

- (i) To encourage, promote and popularise the Olympic events amongst the Indian schools.
- (ii) To work for physical welfare of school going students.
- (iii) To coordinate and encourage all activities in connection with SGFI.
- (iv) To organise and hold Zonal, National and International level competition/tournament for school going students.
- (v) To organise, supervise, coaching and training of players participating at various levels.
- (vi) To secure adequate participation of school students at National/International level competitions.
- (vii) Providing them recognised certificates, medals, trophies and awards to students participating in its tournaments.
- (viii) To find talented players and providing them good exposure at high level competitions.
- (ix) To lay down the rules and regulations for its affiliated members for their proper functioning.
- (x) To raise funds for its tournaments/competitions/training/coaching.
- (xi) To provide technical help to schools for promoting games and sports.

CBSE SPORTS AND ITS ORGANIZATIONAL SET UP

Central Board of Secondary Education is an autonomous organization under the Ministry of Human Resource Development, by Government of India. It is well-known as CBSE in its short version. This organization is known for its educational policies provided through schools not only in India but outside India also. CBSE is the biggest organisation in India to provide quality education through its affiliated schools.

The CBSE Games are divided into three phases. The first phase of the game is known as Cluster level games where the teams from one particular Cluster compete between themselves. In all there are 16 (sixteen) Clusters and 7 (seven) Zones. Besides the 16 Clusters and 7 Zones for competition in India, there are six Clusters for the teams (schools) situated outside.

There are 16 disciplines (Sports) and different levels of competitions in which the CBSE Inter-School Sports and Games competitions are organized. Some of the competitions are held at Cluster and National level, where the winning teams from Cluster level compete directly at Nationals to show their supremacy. These games are basically Athletics, Basketball, Football, Kho-Kho, Table Tennis and Volleyball. The above-mentioned games are presented by most of the schools which make the competition tough at the lowest level itself, i.e., at Cluster level. At the National level competition all 16 teams, winning from 16 Clusters plus teams winning from six Clusters of Gulf Zone, are invited to compete. Some Games and Sports competitions of CBSE are held at Zonal and National levels like Handball, Chess, Swimming, Tennis, Badminton, Hockey, Judo, Skating and Taekwondo. The winner's and runner's-up of these Games participate for National Level competition.

Organisation and Constitution

- (a) For ensuring the smooth and efficient conduct of Inter-School Sports and Games activities organized under the general directions of the Central Board of Secondary Education and in conformity with its policies.
- (b) The Headquarters of the Sports Committee shall be the Central Board of Secondary Education, Delhi.
- (c) The Chairman, CBSE shall be the Chairman of the Sports Committee.

Aims and Objectives

- (a) To organize Inter-school Tournaments and Competitions in the Games and Sports recognized by the CBSE.
- (b) To encourage sportsmanship and to promote friendly relations among the schools.
- (c) To raise the general standards of Sports and Games prevailing in the school and to work for the all round development and values through sports amongst the students.
- (d) To organize orientation, refresher and training programs for Physical Education Teachers.
- (e) To encourage such other activities as may be conducive to the aims and objectives of the sports committee as enumerated above.

General

Games/Sports/Events may be included or deleted by the CBSE Sports Committee from time to time.

Tournament shall be organized at Cluster, Zone and National level as decided by the CBSE Sports Committee from time to time wherever applicable.

If a tournament in progress is suspended indefinitely on account of unavoidable circumstances, the venue and dates of the unfinished part of the tournament shall be decided by the Board. In case no host for a particular Cluster/Zone level tournament/meet is available then such Cluster/Zone will be merged with the nearby Cluster/Zone depending on the situation.

REVIEW QUESTIONS

Short Answer Type Questions (60 Words)

1. When was Arjuna Award started ?
2. To whom are Arjuna Awards presented ?
3. Give details about trophy for Arjuna Award.
4. Describe about Arjuna Award.

BASKETBALL

HISTORY

In contrast to other sports, basketball has a clear origin. It is not the evolution from an ancient game or another sport and the inventor is well known: Dr. James Naismith.

In 1891, while working as a physical education teacher at the YMCA International Training School (today, Springfield College) in the United States, Naismith was faced with the problem of finding in 14 days an indoor game to provide for the students.

After discarding the idea of adapting outdoor games like soccer and lacrosse, Naismith recalled the concept of a game of his school days known as duck-on-a-rock that involved accuracy attempting to knock a "duck" off the top of a large rock by tossing another rock at it.

Starting from there, Naismith developed a set of 13 rules that gave origin to the game of basketball. The first game was played with a soccer ball and two peach baskets nailed 10-feet high used as goals, on a court just half the size of a present-day court. The baskets retained their bottoms so balls scored into the basket had to be poked out with a long dowel each time and dribbling (bouncing of the ball up and down while moving) was not part of the original game.

The sport was an instant success and thanks to the initial impulse received by the YMCA movement, basketball's popularity quickly grew nationwide and was introduced in many nations. In 1909 there was the first international match in Saint Petersburg: Mayak Saint Petersburg beat a YMCA American team. World basketball was growing, but it was on June 18, 1932 that a real international organization was formed, to coordinate tournaments and teams: that day, Argentina, Czechoslovakia, Greece, Italy, Latvia, Portugal, Romania and Switzerland founded the International Basketball Federation (Fédération internationale de basketball amateur, FIBA) in Geneva. Although Naismith never saw the game develop into the spectacular game we know these days, he had the honor to witness basketball become an Olympic sport at the 1936 Games held in Berlin. The first World Championship was held in Argentina in 1950.

IMPORTANT INFORMATION REGARDING THE GAME

- | | | |
|--|---|--|
| 1. Number of players in a Basketball team | : | 12 (05 court players and 07 substitutes) |
| 2. Court dimensions | : | 28 m × 15 m |
| 3. Radius of center circle | : | 1.80 m |
| 4. Width of boundary lines | : | 05 cms |
| 5. Length and breadth of backboard | : | 1.80 m × 1.05 m |
| 6. Height of lower edge of the board from ground | : | 2.90 m |
| 7. Circumference of the ball | : | 75 to 78 cms |
| 8. Weight of the ball | : | 600 to 650 gms |
| 9. Duration of basketball game | : | Four quarters of 10 minutes each with an interval of 2 min, 15 min and 2 min in between these periods, i.e. 10-2-10-15-10-2-10 |
| 10. No. of officials for a basketball match | : | 5 (a referee, an umpire, a scorer, a timer and a shot-clock operator). |

BASIC RULES

Number of Players

If you want to play basketball for fun, you have the possibility of playing on your own. But you can also play team games with either 1, 2, 3, 4 or 5 players on each teams. Teams can be mixed with boys and girls, or not.

On a competition level, a team is made up of 5 players playing on the court and 7 players sitting on the bench that can be used for substitution during the whole period of the game.

Positions

Each player is assigned a position when playing. This position is usually determined by the height of the player.

The tallest player on the team usually plays "center" also known as "position 5", while the medium size ones play "forwards" / "position 3 and 4". The shortest players then play "guards" / "position 1 and 2".

Scoring

A player scores when he manages to throw the ball into the basket, with the ball passing through the basket from above the hoop. Scoring a basket increases the team's score by 3, 2 or one point.

If the player successfully shoots from outside of the 3 points line, the basket is worth 3 points; otherwise it is worth 2 points.

It is also possible to score one point when shooting from the free throw line, after a foul for instance.

Violation

A violation occurs when the player breaks one of the rules of Basketball. A violation results in the awarding of the ball to the opponents.

It can also result from the player taking more than 2 steps without bouncing the ball on the floor. This is called Traveling.

Another example of violation occurs when a player stops dribbling and then starts dribbling again or when he bounces the ball with both hands on the ball. We call this a double Dribble.

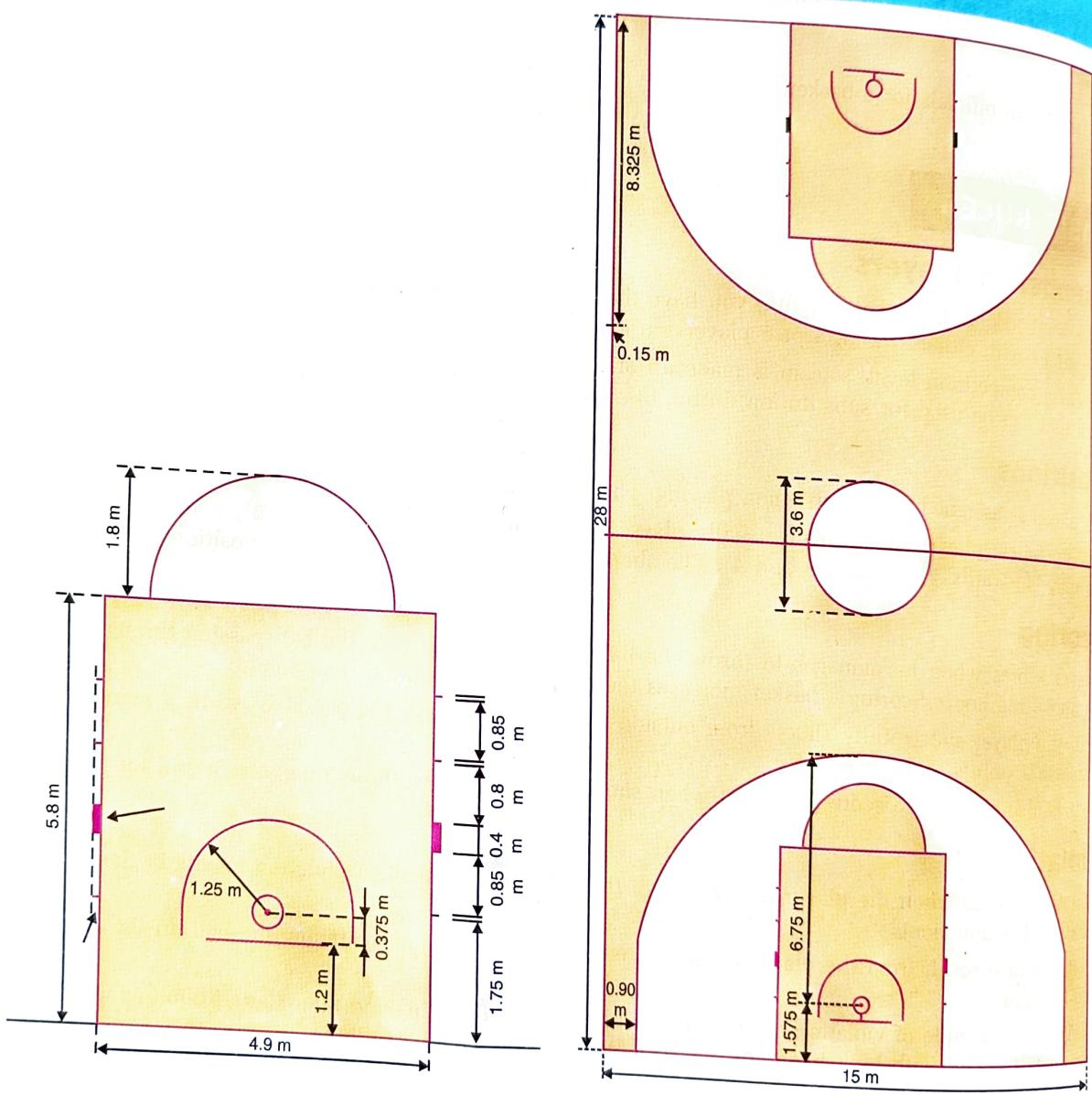
A violation is also committed if you twist your hand, when in contact with the ball, beyond the vertical, bringing it under the ball. This is called Carry, as the hand must always remain on the top of the ball.

Fouls

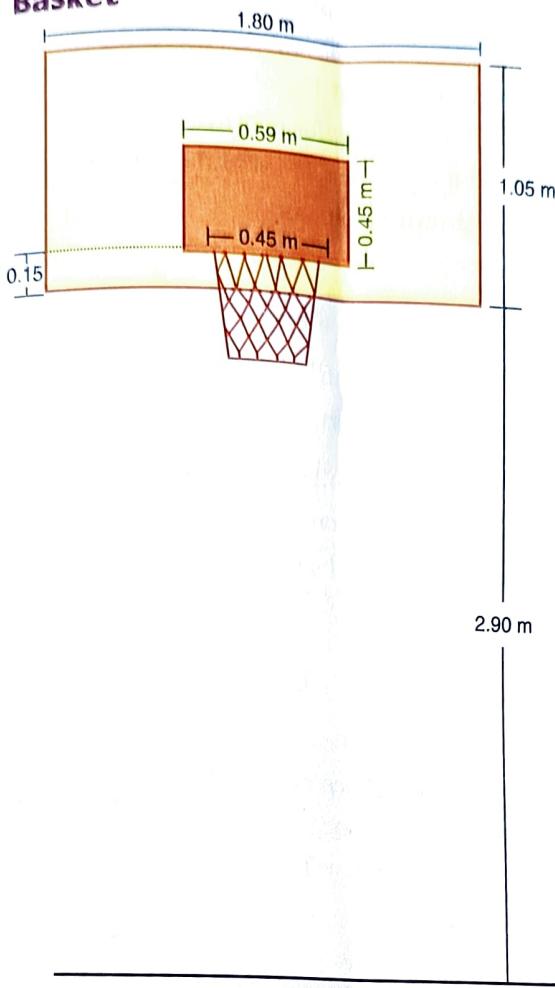
A foul is an illegal action that can be committed by player from one team against a player from the opposing team. Basketball is generally said to be a non-contact game. If contact occurs beyond what is deemed to be reasonable, or if a player thereby obtains an unfair advantage from it, a foul is committed.

There are two types of fouls. The first are called defensive fouls. They occur when the offensive player is being fouled by the defender. Defenders should not block, push, trip, strike or hold the player in possession of the ball. The second ones are the offensive fouls. For example, a player in offence commits a foul when ch

BASKETBALL COURT DIMENSIONS



The Backboard and Basket



CLASSIFICATION OF BASKETBALL SKILLS

Basic skills related with basketball are:

- (a) Dribbling, (b) Passing, (c) Shooting, (d) Catching, (e) Rebound, and (f) Offense-Defense.

Dribbling

The dribble is an act by which a player repetitively bounces the ball off the floor. Dribbling can be in place as well as while moving. There are three types of dribbling:

- High dribbling, • Low dribbling, • Backward dribbling

Dribbling starts with proper hand and arm motion, as well as body position.

The players push the ball downwards with fingers spread, using specifically fingertips, not palms.

While dribbling keep your head up and continuously look around to pass effectively to a teammate.

The feet should be well spaced, one foot slightly in advance of the other, knees slightly bent and the trunk also bent forward at the waist.

Passing

- Passing is an act by which a player throws the ball to another teammate.
- **Passing:** Passing starts with hand and wrist movement as well as proper arm position.

- Pass the ball with two hands unless condition requires the use of only one hand.
- See the player to whom the pass is to be made just an instant prior to making a pass.
- Keep most of the passes waist high or chest high.
- Practice faking, catching as well as pivoting for effective pass.
- Practice the overhead, side, and bounce pass to avoid the defense.
- Each type of pass comes with its own variations.

Basic Variations

- Chest Pass
- Overhead Pass
- Bounce Pass
- Wrap Around Pass
- Baseball Pass

Shooting

Shooting is the act of throwing the ball towards the basket so as to attempt to score.

Use two hands most of the times with equal force.

Shoot high enough with the ball travelling in high arc and drop into the basket.

Do not target at the rim of basket.

Learn to shoot from all angles on the floor.

Use the backboard while shooting from either side.

The basics of shooting technique are:

1. Eyes on Target
2. Stance and Balance
3. Shot Pocket
4. Grip
5. Balance Hand
6. Delivery
7. Upforce and Landing
8. Follow Through
9. Correct Shot

Types of Shooting

Jump Shot

The jumper is used most frequently for mid- to-long-range shots, including three-point attempts, although you can use it from short range to gain separation from a defender. Jump straight up and use the basic shooting form. Release the ball at the peak of your jump.

Set Shot/Free Throws

The two-handed set shot was once the common way to shoot from the perimeter. Today it's typically only used by young players who lack the strength to shoot with one hand. A free throw, however, is basically a type of set shot, although it's almost always performed with one hand. Use the standard shooting form, but don't jump.

Layup

You'll typically shoot layups from very close range after dribbling to the basket, or taking a pass near the hoop. Typical layup form involves grasping the ball with two hands, raising it in front of your face and banking it off the backboard, which all occurs while you're in motion. A putback of a missed shot is also technically a layup. If you can jump well enough you may also raise the ball as high as possible and flip it straight through the rim.

Post Shots

Centers and power forwards who typically operate near the basket often use short shots. A turn-around jumper begins with your back to the basket. You then jump away from the hoop while leaning back and simultaneously pivoting about 180 degrees to face the basket before you shoot. For a hook shot, stride into the lane with your back to the hoop while keeping your torso between the basket and the ball. Turn your non-shooting shoulder toward the hoop, jump, raise the ball straight up and flip your wrist to take the shot.

Dunk
The dunk, basketball's most spectacular shot, relies more on jumping ability than shooting skill. If you can jump high enough, and hands large enough to control the ball, leap, lift the ball above the rim and push or throw it through the net.

Catching

It is the act of stopping the ball and takes possession of it by a teammate. Possession of the ball is key factor in basketball game. The ball should be obtained as quickly as possible and possession is retained until a basket is scored.

Catching

Follow the basketball from the movement it leaves the hands of the passer.

Assume a ready position (i.e. bring hands forward to catch).

Always ask the players to move a little towards the ball and try to catch it in the center of the body with two hands.

Keep the fingers and thumbs well spread, palms cupped, hands parallel and palms towards each other.

Do not catch the ball against the body. Handle it at arm's length and in a favorable position for a quick pass or shot.

Rebound

Rebound is the act of gaining possession of the basketball after a missed shot.

Locate the opponent and get the position between player and the basket (i.e. inside position)

Get and maintain possession of ball by moving it out or down the court

In offensive rebounding :

- Learn to raise the hand to chest level, and at the peak of jump, tap the ball into the basket or off the backboard into the basket.
- Learn effective tipping, (i.e. the tap which is made off the fingers with a light snap of wrist).
- Learn shooting after rebounding.
- Encourage shots without dribbling.

In defensive rebounding:

- Get the inside position, (i.e. ball-defender-basket).
- Learn effective block out an opponent.
- Learn jumping for the ball; obtain complete control on landing then effective pass to teammate.
- Learn outlet, long air/baseball pass when the teammate is open at the other end of court.
- Learn to use two handed over head pass or chest pass to a teammate who is around the mid court area.
- Utilize dribbling after rebound to eliminate passing errors.
- Utilize opportunity for transition into offense..

Offense-Defense

Offense refers to the team which has possession of ball. It also refers to the method a team uses to score the basket, as well as, a team's scoring ability. On other hand defense refers to the team without the ball whose main focus is to prevent the opponents from scoring a basket.

Offense

- While dribbling keep the head up and constantly looking for an opening.
- Always look long first and look inside during half court play.
- Never stop dribbling until you pass the ball to a teammate.
- Never dribble into a trap; when you recognize a trap pass, do not dribble.
- Don't dribble in place, only dribble when you are going somewhere fast.
- Other players without the ball, must always be in position to get a pass.
- Players without the ball must always be back, or make sure another player is in back to defend against the fast break.
- On the shot go towards the basket for the rebound.

Defense

- Learn to acquire position between the offensive player and basket.
- Learn to cover the opponent player particularly in the areas of court assigned.
- Maintain body balance with weight evenly distributed on both feet.
- Prevent offensive players from penetrating.
- Move arms in feinting or pretended blow and striking action towards the ball.
- Be ready to block a shot, spoil a pass, stop a dribble, or meet a pivot.
- Focus eyes on misdirection.
- Move the feet constantly.

TERMINOLOGIES

- ❖ **Backboard:** The rectangular structure, 180 cm x 105 cm, to which the basket is attached.
- ❖ **Backcourt:** The area from the midcourt line to the end line furthest from the offense's basket.
- ❖ **Ball handler:** The player with the ball; usually the point guard at the start of a play.
- ❖ **Basket:** Attached to the backboard, it consists of a metal rim 18" in diameter suspended 10' from the floor, from which a 15-18" corded net hangs, and through which points are scored; also used to refer to a successful field goal.
- ❖ **Blocked shot:** The successful deflection of a shot by touching part of the ball on its way to the basket thereby preventing a field goal.
- ❖ **Blocking:** The use of a defender's body position to illegally prevent an opponent's advance; the opposite of charging.
- ❖ **Center circle:** The circular area at midcourt from which jump balls are taken.
- ❖ **Charging:** An offensive foul which occurs when an offensive player runs into a defender who has established position.
- ❖ **Court:** The 28 m × 15 m area bounded by 2 sidelines and 2 end lines containing a basket at each end on which a basketball game is played.
- ❖ **Crossover dribble:** When a ball handler dribbles the ball across his body from one hand to the other.
- ❖ **Cylinder:** The imaginary area directly above the basket where goal tending or basket interference can occur.
- ❖ **Dead ball:** any ball that is not live; occurs after each successful field goal or free-throw attempt, after any official's whistle or if the ball leaves the court; it stops play which is then resumed by a jump ball.

- **Defense:** The act of preventing the offense from scoring; the team without the ball.
- **Defensive rebound:** A rebound of an opponent's missed shot.
- **Down court or down the court:** The direction a team on offense moves, from its backcourt into its front court and towards its own basket.
- **Dribble or dribbling:** When a player repeatedly pushes, pats, taps or bats the ball towards the floor with one hand to cause the ball to bounce back up to either of his hands; used to advance the ball or keep control of it.
- **Dribble series:** A number of consecutive dribbles which end when a player allows the ball to rest in one or both hands; a player is only permitted one dribble series before he must pass or shoot.
- **Drive to the basket:** To move rapidly toward the basket with the ball.
- **Dunk:** When a player close to the basket jumps and strongly throws the ball down into it; an athletic, creative shot used to intimidate opponents.
- **Elbowing:** It is a violation if a player vigorously or excessively swings his elbows, even if there is no contact; it is a foul if contact is made, and an automatic ejection if that contact is above shoulder level.
- **End line:** The boundary line behind each basket; also called the baseline.
- **Fake or feint:** A deceptive move to throw a defender off balance and allow an offensive player to shoot or receive a pass; players use their eyes, head or any other part of the body to trick an opponent.
- **Fast break:** Also called the run-and-shoot offense, it begins with a defensive rebound by a player who immediately sends an outlet pass towards midcourt to his waiting teammates; these teammates can sprint to their basket and quickly shoot before enough opponents catch up to stop them.
- **Field goal:** When the ball enters the basket from above during play; worth 2 points, or 3 points if the shooter was standing behind the 3-point line.
- **Floor:** The area of the court within the end lines and sidelines.
- **Floor violation:** A player's action that violates the rules but does not prevent an opponent's movement or cause him harm; penalized by a change in possession.
- **Foul:** Actions by players which break the rules but are not floor violations; penalized by a change in possession or free-throw opportunities;
- **4-point play:** A 3-point shot followed by a successful free-throw.
- **Free-throw:** An unguarded shot taken from the foul line by a player whose opponent committed a personal or technical foul; it is worth 1 point.
- **Free-throw line extended:** An imaginary line drawn from the free-throwline to the sideline to determine the location for certain throw-ins.
- **Front court:** The area between the midcourt line and the end line closest to the offense's basket.
- **Full-court press:** When defenders start guarding the offense in the backcourt.
- **Game clock:** Shows how much time remains in each of the four 10-minute quarters of game or two 20-minute halves of a game.
- **Guarding:** The act of following an opponent around the court to prevent him from getting close to the basket, taking an open shot or making easy an pass, while avoiding illegal contact.
- **Inbounds:** The area within the end lines and sidelines of the court; also the act of bringing the ball into this area by means of a throw-in.
- **Inside shooting:** Shots taken by a player near or under the basket.
- **Jump ball:** 2 opposing players jump for a ball an official tosses above and between them, to tap it to their teammates and gain possession; used to start the game (tip-off) and all overtime periods, and sometimes to restart play.

- ❖ **Layup or layin:** A shot taken after driving to the basket by leaping up under the basket and using one hand to drop the ball directly into the basket (layin) or to bank the ball off the backboard into it (layup).
- ❖ **Man-to-man defense:** The defensive style where each defensive player is responsible for guarding one opponent.
- ❖ **Offense:** The team with possession of the ball.
- ❖ **Offensive rebound:** Are bound of a team's own missed shot.
- ❖ **Officials:** The crew chief, referee and umpire who control the game, stop and start play, and impose penalties for violations and fouls.
- ❖ **1-and-1 or 1-plus-1:** In college, a free-throw attempt awarded for certain violations that earns the shooter a 2nd attempt only if the first is successful.
- ❖ **Out of bounds:** The area outside of and including the end lines and sidelines.
- ❖ **Pass:** When a passer throws the ball to a teammate; used to start play, move the ball downcourt, keep it away from defenders and get it to a shooter.
- ❖ **Passer:** The player who passes the ball to a teammate.
- ❖ **Period:** Any quarter, half or overtime segment.
- ❖ **Personal foul:** Contact between players that may result in injury or provide one team with an unfair advantage; players may not push, hold, trip, hack, elbow, restrain or charge into an opponent; these are also counted as team fouls.
- ❖ **Pivot:** A center; also the foot that must remain touching the floor until a ball handler who has stopped dribbling is ready to pass or shoot.
- ❖ **Playmaker:** The point guard who generally sets up plays for his teammates.
- ❖ **Possession:** To be holding or in control of the ball.
- ❖ **Rebound:** When a player grabs a ball that is coming off the rim or backboard after a shot attempt.
- ❖ **Receiver:** The player who receives a pass from the ball handler.
- ❖ **Regulation game:** Four 10-minute quarters in college basketball game; a game that ends without overtime periods.
- ❖ **Release:** The moment that the ball leaves a shooter's hands.
- ❖ **Sidelines:** 2 boundary lines that run the length of the court.
- ❖ **Substitute:** A player who comes into the game to replace a player on the court.
- ❖ **Team fouls:** Each personal foul committed by a player is also counted against his team; when a team goes over the limit, its opponent is awarded free-throw opportunities.
- ❖ **Technical fouls or Ts:** Procedural violations and misconduct that officials believe are detrimental to the game; penalized by a single free-throw opportunity to the non-offending team (2 free-throws and possession in college).
- ❖ **3-point play:** A 2-point field goal followed by a successful free-throw.
- ❖ **3-point shot:** A field goal worth 3 points because the shooter had both feet on the floor behind the 3-point line when he released the ball; also counts if one foot is behind the line while the other is in the air.
- ❖ **Throw-in:** The method by which a team with possession inbounds the ball.
- ❖ **Timeout:** When play is temporarily suspended by an official or at the request of a team to respond to an injured player or discuss strategy.
- ❖ **Tip-off:** The initial jump ball that starts the game.
- ❖ **Transition:** The shift from offense to defense.

• **Traveling:** A floor violation when the ball handler takes too many steps without dribbling; also called walking.
 • **Zone defense:** A defense where each defender is responsible for an area of the court and must guard any player who enters that area; compare with man-to-man defense.

IMPORTANT TOURNAMENTS

International

- Basketball at the Olympics
- FIBA World Championship
- EuroBasket
- FIBA Americas Championship
- FIBA Asia Championship
- FIBA Africa Championship
- FIBA Oceania Championship

National

- Federation Cup
- Senior National Championship
- Junior (U-18) National Championship
- Youth (U-16) National Championship
- Sub-junior (U-13) National Championship

SPORTS PERSONALITIES

India National Basketball Team 2014

- Singh, Joginder
- Mishra, Prakash
- Singh, Amritpal (C)
- Singh, Amjyot

- Grewal, Narender Kumar
- Singh, Pratham
- Sivakumar, Prasanna Venkatesh
- Singh, Yadwinder

- Pari, Akilan
- Bhriguanshi, Vishesh
- Brar, Palpreet Singh
- Pethani, Rikin Shantilal

AWARDS/ACHIEVEMENTS

Arjun Awardees in Basketball

S.No.	Year	Name	S.No.	Year	Name
1.	1961	Sarbjit Singh	2.	1967	Khushi Ram
3.	1968	Gurdial Singh	4.	1969	Hav. Hari Dutt
5.	1970	Gulam Abbas Moontasir	6.	1971	Man Mohan Singh
7.	1973	S.K. Kataria	8.	1974	A.K. Punj
9.	1975	Hanuman Singh	10.	1977-78	T. Vijayaragavan
11.	1979-80	Om Prakash	12.	1982	Ajmer Singh
13.	1991	Radhey Shyam, Ms. S. Sharma	14.	1999	Sajjan Singh Cheema
15.	2001	Parminder Singh	16.	2003	Satya (Sports)
17.	2014	Geetu Anna Jose	18.	2017	Prashanti Singh
19.	2019-20	Vishesh Bhriguanshi			

KABADDI

HISTORY

The origin of kabaddi can be traced back to the pre-historic times. In India, kabaddi was primarily devised as a way to develop the physical strength and speed in young men. During its inception, kabaddi was played to boost the self-defense skills and to develop quick responsiveness to attacks. It also sharpened the reflexes of counter attacks of the individuals, who mostly played in groups or teams.

Kabaddi is essentially an Indian game, which commands huge popularity in the India as well as its hinterland. In India, kabaddi is popular in different names. In the southern parts of India, the game is referred to as Chedugudu or Hu-Tu-Tu. In eastern India, it is fondly called Hadudu (for men) and Kit-Kit (for women). The game is known as Kabaddi in northern India. Breath control, raid, dodging and movement of hand and feet are the basic skills that one has to acquire, in order to play kabaddi. The player has to acquire power and learn both offensive and defensive skills to excel in the game, which combines the characteristics of rugby and wrestling.

The popularity of kabaddi has increased over the passing years, from being a popular game in the rural India to a sport recognized at the national level. A number of championships, both at the national and international level, have been organized for kabaddi, wherein the Indian national kabaddi team has delivered remarkable performances. The introduction of Federation Cup Kabaddi matches in India in 1981 is a milestone in the history of kabaddi in India. India touched another milestone in 2004, when she hosted the first ever Kabaddi World Cup, in Mumbai. The country won the World Cup, as well. She has produced a number of talented Kabaddi players, so far, who have earned international recognition and brought laurels to the country.

IMPORTANT INFORMATION REGARDING THE GAME – BASIC RULES

Scoring

Scoring in Kabaddi is relatively simple. Teams score one point for each opponent that they put out of the game. Putting an opponent out (and thus scoring a point) is done in different ways. When attacking, this is done by the raider touching opposition members, putting them out. When defending, it is done by preventing the raider returning to their own half.

Bonus points are also available in Kabaddi. The raider can earn an extra point by successfully touching the bonus line in the opposition's half. Three bonus points are available to a team when all of their opponents are declared out and a point is also available if any part of an opposing team member's body goes outside of the boundary.

At the end of the match, the team with the most points is declared the winner. If at the end of the game both teams have the same amount of points, then the game is deemed to be a draw.

Rules of Kabaddi

Each team shall consist of not more than 12 players with only 7 taking to the field at a time.

Because of the physical nature of Kabaddi, matches are categorized in age and weight categories.

There are six officials looking after each Kabaddi match. The officials comprise a referee, a scorer, two assistant scorers and two umpires.

The duration of the match is two halves of 20 minutes with a half time break of 5 minutes.

At the start of a Kabaddi match, there is a coin toss with the winner having the choice as to whether to have the first raid or not. In the second half of the match, the team that did not raid first shall begin the second half with a raid.

To win a point when raiding, the raider must take a breath and run into the opposition's half and tag one or more members of the opposing team and then return to their own half of the pitch before inhaling again.

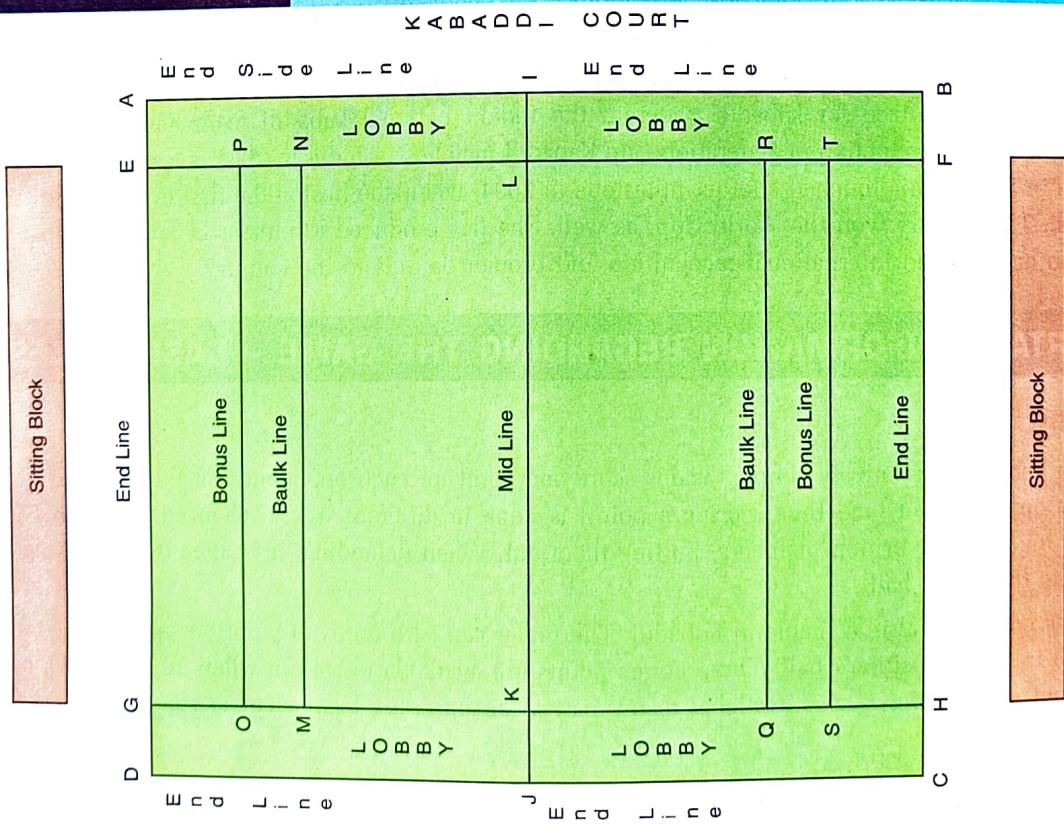
To prove that another breath hasn't been taken, the rider must continue to repeatedly yell the word 'Kabaddi'. Failure to do this, even for just a moment means that the rider must return to their own side of the court without points and the opposite team is awarded a point for a successful defense play.

The team being raided is defending, and the players must prevent the raiders from tagging them and returning back over the halfway line. Whilst in defence, a team may score a point by successfully preventing the raider returning to their own half after tagging them. Raiders may only be grabbed by their limbs or torso, not by their hair, clothes or anywhere else, and defenders are not permitted to cross the centre line.

Each team will take turns in raiding and defending. Following halftime, the two teams switch sides of the court and the team who defended first in the first half begin the second half by raiding.

The game continues in this way until the time is up, the team with the most points at the end of the match is declared the winner.

COURT DIMENSIONS



FIELD MEASUREMENTS CHART

S. No.	Field Measurements	Men and Junior Boys	Women and Junior Girls	Sub Junior Boys and Girls
ALL MEASUREMENTS IN METRES				
1	Sidelines (AB, CD, EF and GH)	13	12	11
2	End Line (AD, BC)	10	8	8
3	Lobby (AE, BF, DG, CH)	1	1	1
4	Baulk Line (from Midline) (LN, KM, LR, KQ)	3.75	3	3
5	Baulk Line (RQ, MN)	8	6	6
6	Midline (IJ)	10	8	8
7	Bonus Line (TS, PO) from Baulk Line (RT, QS, MO, NP)	1	1	1
8	Bonus Line (MN, ST)	8	6	6
9	Sitting Block (2 metres away from End lines)	8 × 1	6 × 1	6 × 1
10	Court (Each half of the playfield divided by the midline)	6.5 × 8	6 × 6	5.5 × 6
11	Space surrounding the playfield from sidelines from sidelines from sidelines playfield divided and end lines and end lines and end lines by the midline)	4 metre	4 metre	4 metre
12	Duration of the Match	20-5-20 Minutes	15-5-15 Minutes	15-5-15 Minutes

CLASSIFICATION OF KABADDI SKILLS

Raid

Kabaddi is the game of attack and defense. Attack is also known as 'raids' and the attacker is called the 'raider' in Kabaddi. The singularity of the game is that attack is an individual effort while defense is a combined effort.

Raid is the main tool of the offense for scoring points against the opponent team. It is a continuous process since players from both teams raid on the opponent court alternatively. As per the rules of Kabaddi, the player who enters the opposite court with 'cant', all the while withholding his breath is known as the raider. 'Cant' is the continuous chanting of the approved word 'Kabaddi' by the raider without taking a breath. To make the raid successful, the raider must enter the opponent's court with cant and either cross the baulk line or touch one or more antis and return safely with cant to his home court, without breach of rules.

Raid is the backbone of Kabaddi, and the raider plays a very important role in scoring points for the team. He is capable of scoring a number of points in a single raid with his individual skill and enterprise, while the defense get only one point in the event of his being caught.

The main constituents of a raid comprise pre-considerations, cant, entry, settling and path of attack, footwork, skills, tactics, and retreat.

Cant

One of the unique features of Kabaddi is the cant. The raider has to withhold his breath during the entire course of the raid and keep up a continuous and audible chant of the word Kabaddi until he returns to home court. This is known as cant in Kabaddi and if he happens to lose his cant during the raid or struggle before

he reaches home court, he will be declared out and the offense side will lose a point. The definition of cant as coined by the Amateur Kabaddi Federation of India rules reads "The repeated without break and at a stretch and clear utterance of the approved word "Kabaddi" with in the course of one respiration shall be called a cant". In other words, cant can also be defined as the measurement of raid since the length of the raid can be determined on the duration of cant.

Footwork

Footwork in Kabaddi means the movements made by the raider with his feet, during the course of the raid. The factors influencing footwork include the stance of the raider, body position, movement, speed, agility, etc. A raider has to move quickly from one spot to the other during raid, complete his task and reach home safe. For this he depends largely on footwork. Footwork can broadly be classified into four types, i.e. Leading Leg Raid, Shuffling Raid, Natural Method and Reverse Step Raid, which will be discussed in detail in the chapter on basic offense skills.

Skills

Skill is the automatic application of technique without conscious thought. Skill can also be defined as the ability to co-ordinate different muscles in order to perform a combination of specific movements smoothly and effectively. Technique should be applied with dexterity, economy of movement and easily, without tension. Mastery over the techniques of the game is called skill. The skills used by the raider in Kabaddi are called-offensive skills, while the skills used by the antis are called defensive skills. During raid, the raider has to make maximum use of his limbs to come in contact or touch the opponents in order to score points. This is accomplished through leg touches such as toe touch, foot touch, squat leg, thrust, kicks, etc. with lower limbs and through hand touches with upper limbs.

Apart from these basic skills, the raider must also learn advanced skills, such as counter action for escape from different holds. A skilful raider is one who has gained mastery over all these techniques.

Tactics

Tactics means exploiting a given situation to one's advantage or creating a situation to suit one's purpose.

In Kabaddi, the raider is the principal performer who can change the tempo of the game. Depending on the game situation, the raider may increase or decrease the tempo of the game. In order to do this he may adopt a passive raid or an aggressive raid by creating a situation for a struggle. Sometimes the raider may pass time in the last few minutes of the game, especially when his team is leading and the opponents are playing an aggressive game. All these are the tactics adopted by the raider keeping in view the game situation. Tactics and techniques go hand in hand for any successful raid.

TERMINOLOGIES

- ❖ **Cant:** The continuous clear sounding recitation aloud of the approved word 'Kabaddi' within the course of one respiration shall be called cant.
- ❖ **Raider:** One who enters the court of the opponent with the cant is known as a raider. The raider must begin his cant before he touches the opponent's court.
- ❖ **Anti-raider or anti:** Every player of the party in whose court the raid is being made shall be called an anti-raider or anti.
- ❖ **Raid:** When the raider enter the court of the opponent with cant, it is known as a raid.
- ❖ **Successful raid:** When the raider crosses the baulk line of the defending team at least once during the course of a raid and reaches his court with cant, it is known as a successful raid.
- ❖ **Struggle:** When a raider touches an anti or an anti touches a raider, the struggle begins.
- ❖ **Losing the cant:** To stop the continuous and clear sounding chant of the word 'Kabaddi' or to take breath during a cant is known as losing the cant. A cant must be started and continued within one and the same respiration.

- To put out an anti:** If a raider touches an anti without the breach of the rules of play or if any part of the body an anti touches any part of the body of the raider and then the raider touches his court with the cant, the anti is said to be put out.
- To hold a raider:** If the anti's or anti hold without breach of rules of play and keep the raider in their court and do not allow him to reach his court until he loses his cant, it is known as holding the raider.
- To reach court safely:** If the raider after crossing the midline touches his court with any part of his body without breach of rules of play and with cant he is said to have reached his court safely.

IMPORTANT TOURNAMENTS

International

- World Cup
- Asian Games
- Asian Indoor Games
- SAF Games

National

- Federation Cup
- Senior National Championship
- Junior (U-18) National Championship
- Youth (U-16) National Championship
- Sub Junior (U-13) National Championship

(India has won all the above tournaments played till now.)

SPORTS PERSONALITIES

Indian National Team (Men)

- | | | |
|----------------------------|-----------------------------|-------------------------------|
| • Rakesh Kumar (Capt) | • Anup Kumar (Vice Captain) | • Navneet Gautam, Ajay Thakur |
| • Samarjeet, Jasveer Singh | • Satish Kumar | • Surjeet Singh |
| • Anup | • Gurpreet | • Rajguru |
| • Nitin Madne | • Manjeet Chillar | • Shailesh sawant |

AWARDS/ACHIEVEMENTS

Arjuna Awardees

S.No.	Year	Name	S.No.	Year	Name
1	1994	Subbiah Rajarathinam	2	1995	Perumal Ganesan
3	1996	Raju Bhavsar	4	1998	Ashan Kumar
5	1998	Biswajit Palit	6	1999	Balwinder Singh
7	1999	Tirath Raj	8	2000	C. Honappa
9	2002	Ram Mehar Singh	10	2003	Sanjeev Kumar
11	2004	Sunder Singh	12	2005	B C Ramesh
13	2006	Naveen Gautam	14	2008	Pankaj Navnath Shrisat
15	2010	Dinesh	16	2011	Tejaswini Bai
17	2011	Rakesh Kumar	18	2012	Anup Kumar [1]
19	2014	Mamta Pujari	20	2015	Manjeet Chhillar
21	2015	Abhilasha Mhatre	22	2017	Jasvir Singh
23	2019	Ajay Thakur	22	2020	Deepak Niwas Hooda

Dronacharya Award

S.No.	Year	Name	S.No.	Year	Name
1.	2002	E. Prasad Rao	2.	2005	Balwan Singh
3.	2012	Dr. Sunil Dabas	4.	2019	Rambir Singh Khokhar
5.	2020	Kishan Kurma Hooda	6.	2020	Manpreet Singh

VIVA-VOCE

Q.1. What is the most popular game in rural Andhra Pradesh?

Ans. Kabaddi is the most popular game in rural Andhra Pradesh. It is also known as chedugudu.

Q.2. What are the two essential things needed for playing kabaddi?

Ans. The two essential things needed for playing kabaddi are – physical strength and mental sharpness and quickness.

Q.3. Who is called a raider?

Ans. A player who crosses the centre line is called raider. He holds his breath and chants, 'Kabaddi... Kabaddi...' during the whole ride. He rides to tag (touch) the members of the other team.

Q.4. When are the players declared 'out' in kabaddi?

Ans. Players are declared – 'out' if they are tagged or tackled and they are taken out of the game.

Q. 5. What is the meaning of Pro-Kabaddi?

Ans. Pro-Kabaddi means Professional level Kabaddi.

Q. 6. Fill in the blanks:

1. Kabaddi game requires no specific sporting equipment.
2. Kabaddi game involves 14 players at a time.
3. The game is played in two halves of 20 minutes each.
4. Kabaddi is the national game of Bangladesh.

1. What are the dimensions of a Kabaddi court for Men and Junior Boys?

- (a) Men and Junior Boys 15 X 10 Meters
- (b) Men and Junior Boys 13 X 08 Meters
- (c) Men and Junior Boys 13 X 10 Meters
- (d) Men and Junior Boys 15 X 08 Meters

1. What are the dimensions of a Kabaddi court for Women and Junior Girls ?

- (a) Women and Junior Girls 12 X 8 Meters
- (b) Women and Junior Girls 10 X 8 Meters
- (c) Women and Junior Girls 12 X 10 Meters
- (d) Women and Junior Girls 10 X 7 Meters

2. What shall be the distance of sitting block from the end lines?

- (a) The sitting block shall be at a distance of 2 meters from the end lines.
- (b) The sitting block shall be at a distance of 2 meters from the end lines.
- (c) The sitting block shall be at a distance of 2.5 meters from the end lines.
- (d) The sitting block shall be at a distance of 2.75 meters from the end lines.

3. What shall be the distance of the baulk line from the midline in case of Men and Junior Boys?

- (a) The distance of the baulk line from the midline shall be 3.50 meter in case of Men and Junior Boys.

- (b) The distance of the baulk line from the midline shall be 3.00 meter in case of Men and Junior Boys.

- (c) The distance of the baulk line from the midline shall be 3.25 meter in case of Men and Junior Boys.

- (d) The distance of the baulk line from the midline shall be 3.75 meter in case of Men and Junior Boys.

4. Where are the bonus lines marked in Kabaddi? Bonus Line are marked parallel to Baulk line towards end line.

KHO-KHO

HISTORY

History of Kho-Kho in India goes back a long way, as it was first started in the state of Maharashtra. Deccan Gymkhana club of Poona formalized the game. The Indian game Kho Kho is synonymous with the phrase "Game of Chase".

The Deccan Gymkhana of Pune so named and opened by the great Indian leader Lokmanya Tilak formulated the first ever rule and regulation. The first edition of the rules, of Aryapatya Kho-Kho and Hu-Tu-Tu, was published in 1935.

The 1923-24 saw the foundation of Inter School Sports Organization and Kho Kho was introduced to promote at the grass roots and consequently popularize the sports. The certainly conveyed the results and the game of Kho Kho mainly owe it to the efforts taken by Deccan Gymkhana and Hind Vijay Gmykhana.

Over the years the rules have also undergone a major change. The initial system in 1914 offered 10 points for every opponent getting out and each innings lasted for nine minutes. It was made to 5 points in 1919 and match lasted for eight minutes. In case the entire team scored out before time, then the chasers were allotted a bonus of 5 points for every spare minute left not played. Further changes took place with the shape of the playing ground as it became rectangular from elliptical. The distance between two poles shortened to 27 yards and the free zone beyond each pole a rectangle 27 yards x 5 yards also known as 'D' zone. The free zone had no barriers for the chaser who could move to any direction irrespective of change of direction.

The first All India Kho-Kho Championships were arranged at Vijay Wada in 1959 - 60 under Kho-Kho Federation of India. 1960-61 featured Women's Championships for the first time.

In the year 1936, during the event of BERLIN OLYMPICS, one Kho Kho Team from Pune exhibited the salient features of the game of Kho-Kho at Berlin. which was highly appreciated by Hitler.

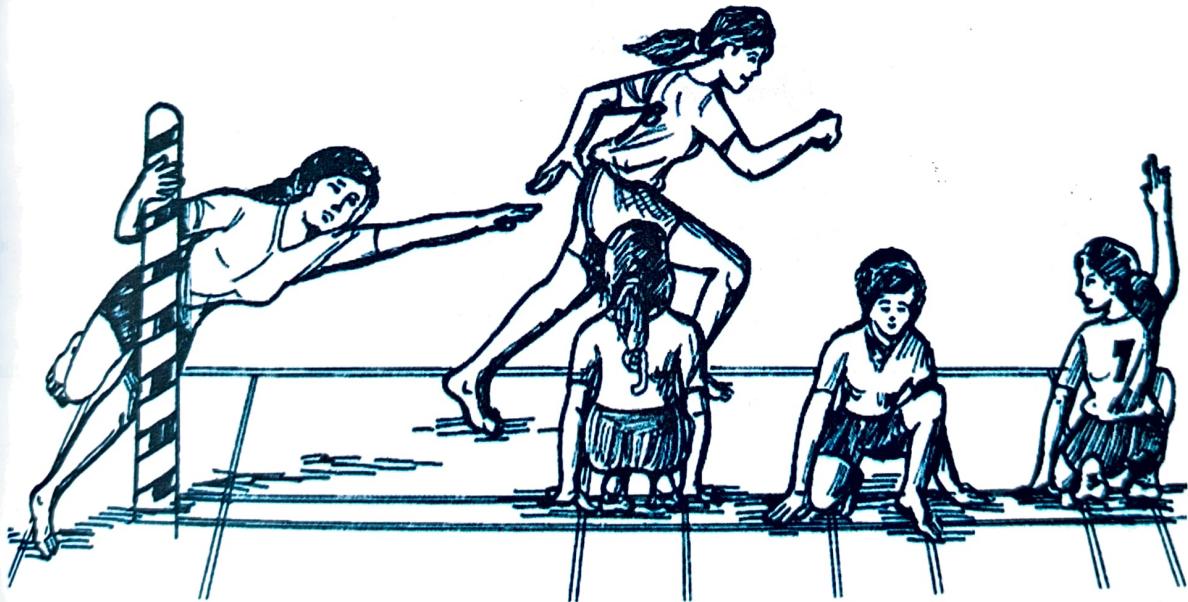
Asian Kho Kho Federation (A.K.K.F) was established in the year 1987 during 3rd SAF Games, held at Kolkata, India. The member country was India, Bangladesh, Pakistan, Sri Lanka, Nepal and Maldives.

In the year 1982, the game was included as part of Indian Olympic Association and few years later in 1989 saw the game as a 'demonstration' in 'Asian Games' Festival. Some new reforms in the game have taken place that has been incorporated by the Asian Federation. The poles have been put a little close distance at 23.50 meters and the playground also increased in the width of 16 meters. The duration of the innings will last to nine minutes. The year 1998 saw the first ever International Championship organized in the Indian city of Kolkata.

IMPORTANT INFORMATION REGARDING THE GAME

- Kho Kho is played in 2 teams of 12, in a field that measures 27 m by 15 m, but only nine players take the field for a game or contest.
- A match consists of two innings. An innings consists of chasing and running turns of 7 minutes each.

- Start with 8 members of the "chasing" team sitting or kneeling in a row in the middle of the court in their eight squares on the central line, alternately facing the opposite directions. Two wooden poles stand at either end of this central line. The ninth player is the "chaser," and he takes his position next to one of the two poles, ready to begin the pursuit.
- The opponent team enter the field, in batches of three are called defenders. These defenders, or dodgers, try to play out the 7 minutes time, and the chasers who try to dismiss them within that time. A defender can be dismissed in three ways: 1) if he is touched by an active chaser with his palm without committing a foul, 2) if he goes out of the limits on his own, 3) if he enters the limit late.
- Chasers run in one direction around the centre line where 8 members are sitting and cannot run in reverse course, and also cannot cut across the central line of sitters, even though the dodgers may run wherever they like. Chasers have to run around the entire line (row).
- An active chaser can change position with a seated chaser, by touching him from behind (whose back must be facing you) by palm, and uttering the word 'kho' loudly, and simultaneously, chase or attack is build up through a series of 'khos' as the chase continues with a relay of chasers.
- After the first set of 3 defenders is caught, the next batch of 3 is sent onto the field.
- At the end of the innings there is an interval of 5 minutes and an interval of 2 minutes, in between the turns. Each side alternates between chasing and defense.
- Kho-Kho can be played by men, women and children of all ages. The game requires a very small piece of evenly-surfaced ground, rectangular in shape, and 27 m by 15 m. The only equipment required are the two poles. The game lasts not more than 37 minutes.
- A match consists of 2 innings. An inning consists of chasing and running turns of 9 minutes each. Each side alternates between chasing and defense.
- The objective is to tag all the opponents in the shortest time possible; the quickest team wins.



BASIC RULES

1. Duration:
 - (a) Each side consists of 9 players.

- (b) An innings will consist of chasing and running turns which will be of seven minutes duration. Each match will consist of two innings.
- (c) An interval of 5 minutes is allowed after an inning and 2 minutes between two turns.
2. The side of the chasers scores one point for putting out each runner.
 3. The chaser or runner has the option to end the turn before the expiry of the allotted time.
 4. The captain of the toss winning team will have the choice of chasing or running.
 5. At the commencement of the game the eight chasers (players sitting in the squares) will sit in the squares facing opposite directions. No adjacent chaser should face in the same direction. The 9th chaser will stand at either of the posts.
 6. The runners will fix their entry serially with the scorer.
 7. With the commencement of the game, three runners are to get inside the court. As soon as the three runners are put out the next three runners must enter the field before "kho" is given. If a runner fails to enter the field, he is given out.
 8. A runner goes out by the following means:
 - (a) If touched by a chaser.
 - (b) Fails to enter the field when a runner is given out.
 - (c) If he touches the seated chasers twice or after receiving a warning for similar infringement.
 9. Rules for the chasers:
 - (a) "Kho" is to be given from behind a sitting chaser and loudly.
 - (b) The seated chaser shall not get up without getting "kho".
 - (c) An active chaser shall not recede to give "kho".
 - (d) An active chaser shall sit down immediately after giving "kho".
 - (e) After getting "kho" the sitting chaser becomes active and follows the direction he is facing.
 - (f) An active chaser is not to cross the centre line.
 - (g) He is to take the direction that he has initially taken to the M or N posts.
 - (h) When an active chaser leaves a post, he shall go in the direction of other post remaining on the side of the centre line which he was facing before leaving the post.
 - (i) Chasers are not to obstruct runners while being seated
 - (j) The face (shoulder line) of an active chaser must be in a direction he has taken. He shall not turn his face. He is only allowed to turn his face parallel to the centre line.
 - (k) If a foul is committed by an active chaser he will be directed to go in the opposite direction of his chaser as indicated by the umpire and if a runner is put out by this act he will not be given out.
 - (l) When an active chaser lets go his hold of the post or goes beyond the rectangles he is known as leaving the post.

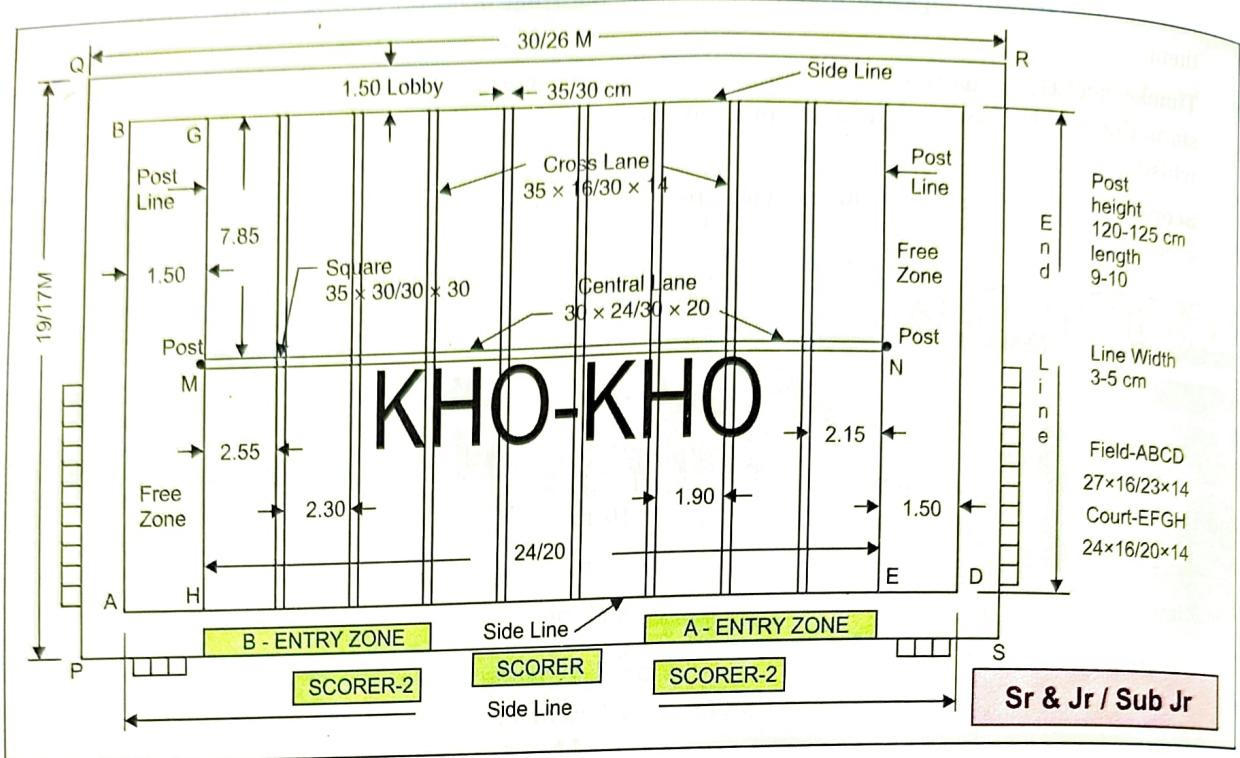
OFFICIALS IN KHO KHO

- **Two Umpires:** They supervise the game in their respective halves, divided by the centre line. A foul is indicated by continuous short whistles till the foul is corrected. An "out" is declared by a short whistle.

- Referee:** The referee helps the umpires and gives the final decision in case of any difference between them.
- Timekeeper:** He keeps the record of time and hands it over to the scorer at the end of an innings. He starts the turn by blowing a whistle; one long and one short. The end of the turn is indicated by a long whistle.
- Scorer:** keeps a record of runners who are out and makes them sit. Assistant Scorer: He helps the scorer.

COURT DIMENSIONS

Measurement of Play Field	Men, Women, Jr. Boys, Jr. Girls	Sub. Jr. Boys, Sub Jr. Girls
End Line	16 m	14 m
Side Line	29 m	25 m
Free Zone	2.75 m	2.55 m
Post Line to Nearest Cross Line	2.5 m	2.10 m
Post to Post Distance	23.50 m	19.90 m
Distance between One Square to the Other	2.30 m	1.90 m
Post Diameter	9 & 10 cm	9 & 10 cm
Height of the Post Above the Ground	120–125 cm	120–125 cm
Lobby	1.5 m	1.5 m
Width of Line	5 cm	5 cm
Other Technical Information		
Match Consists of Two Innings	36 min	28 min
Each Innings Two Turns of	9 min	7 min
Interval between Turns	5 min	3 min
Interval between Innings	9 min	6 min
Officials Required	06 number	06 number
	One Referee	One Referee
	Two Umpires	Two Umpires
	One Scorer	One Scorer
	One Asst. Scorer	One Asst. Scorer
	One Timekeeper	One Timekeeper
	02 Stopwatches	2 Stopwatches
	Time Indicator Board	Time Indicator Board
	Steel Ring	Steel Ring
Other Requirements	4 Whistles	4 Whistles



CLASSIFICATION OF KHO KHO SKILLS

The fundamentals skills of kho kho are mainly chasing and running. Under chasing its comes pole dive, chain kho, faking, dive in air, etc. and under running it comes with a single chain, double chain, ring, faking, etc.

Offensive Skills

Giving Kho to Side: To chase a defender:

1. Two Steps (Proximity Step).
2. Two Steps (Distal Step).
3. **Advance Kho:** Running ahead of defender and dropping Kho.
4. **Deceptive Kho:** Kho to deceive defender by different body movement.

Pole Turning: To turn the pole in continuation of attack.

Pole turning from 8th Square (from sitting position):

1. **4-up turn:** Turning pole by taking step.
2. **5-up turn:** Turning pole by taking five steps.
3. **Running Pole turning:** Pole turning without giving Kho.

Covering on Cross Lane: To cover the defender on cross lane.

1. Quadruped
2. Biped
3. Rush Through
4. Combination

Pole Drive: Taking support of pole and touching the defender.

1. Running Pole Dive
2. Pole Dive from 8th Square (Sitting)
3. Judgment Kho and Pole Dive

Dive

1. Running Flat Dive
2. Steady Dive
3. Side Dive

- Tapping**
1. **Shoulder tap:** Touching the shoulder of defender.
 2. **Heel tap:** Touching the heel of defender.

Defensive Skills

Chain Game: Defender takes entry behind the sitting chaser and runs in Zig-zag path by making the attacker to give kho behind.

1. Six-single-up
2. Two-five-six-up
3. Two-three-six-up
4. Three-four-five-six-up
5. One-four-five-six-up
6. One-four-seven-one

Ring Game: Defender runs in the shape of a ring (Oval shape) by making use of four squares. In front ring defender faces the attacker. In back-ring defender shown his back and plays ring game.

7. Short ring: Defender stands close to the center lane.
8. Medium ring: Defender stands almost half the way from the center lane.
9. Long ring: Defender stands away from the central lane.

Combination of Chain and Ring Game

Dodging: To deceive attacker different body dodge is used.

Dodging: To deceive attacker different body dodge is used.

10. Shoulder dodge
11. Foot dodge
12. Combining both skills of defense 3-ring defense

Avoiding the Post

Defender without reaching post stands between last square and pole.

Pulti

By showing his back defender deceives the attacker and turns in opposite direction to the direction in which he was running.

TERMINOLOGIES

- ❖ **Chaser:** The players sitting in the squares are known as chasers. An attacker (active chaser) is a player, who pursues the players of the opposite side (runners) with a view to tag and touches them.
- ❖ **Runners:** The players of the side other than the chasers side are known as runners. The runners who are inside the limits for their turn of running are known as defenders.
- ❖ **To give Kho:** To give kho perfectly, an active chaser should touch the sitting chaser by hand from behind and utter only the word 'KHO' loudly and distinctly. The feet of an active chaser shall not go beyond the cross lane.
- ❖ **Foul:** If a sitting or an active chaser violates or commits the breach of any rule, it is known as a foul. A foul is to be declared by a continuous 'short' whistle until the foul is corrected.
- ❖ **To take a direction:** If an active chaser goes from one post line to the other post line and after getting a kho, he goes towards a particular post line, he is said to have taken a direction.
- ❖ **Shoulder line:** An imaginary line running through the centers of the shoulders of a player is known as shoulder line.
- ❖ **To recede:** While going in a particular direction, when an active chaser touches the ground which he/she had already covered, he/she is said to have receded.

- ❖ **To leave the rectangle:** When an active chaser lets go his contact of his feet with the rectangle and comes in contact with the ground between the post lines, he is said to have left the rectangle (Free zone).
- ❖ **To reach the rectangle:** When an active chaser lets go his contact of his feet with the ground between the post lines and comes in contact with the ground of the rectangle, he is said to have reached the rectangle.
- ❖ **Out of limits:** If a defender loses his contact of the ground within the limits and comes in contact with the ground outside the limits, he is said to have gone out of limits.
- ❖ **Entry:** A runner is said to have entered the limits as soon as he loses the contact with the ground outside the limits with his feet and comes in contact with the ground inside the field with his feet.

IMPORTANT TOURNAMENTS

- National Championships
- Junior National
- School Championship
- Primary Mini School Championship
- All India Inter University Championship and

- Asian Championship
- Sub Junior National Championship
- Mini School Championship
- National Women Championship
- Federation Cup

SPORTS PERSONALITIES

- 2000 Phadke Gopal Pushottam Kho-Kho

AWARDS/ACHIEVERS

Arjuna Awardees

S.No.	Year	Name	S.No.	Year	Name
1.	1970	Shri Sudhir B. Parab	2.	1971	Km. Achala Suberao Devra
3.	1973	Km. B.H. Parikh	4.	1974	Km. N.C. Sarolkar
5.	1975	Km. Usha Vasant Nagarkar	6.	1975	Shri Shreerang J. Inamadar
7.	1976	Shri S.R. Dharwadkar	8.	1981	Km. Sushma Sarolkar
9.	1981	Shri H.M. Takalkar	10.	1983	Km. Veena Narayan Parab
11.	1984	Shri S. Prakash	12.	1985	Km. S.B. Kulkarni
13.	1998	Ms. Shoba Narayan			

Dronacharya Awardees

S.No.	Year	Name
1.	2000	Phadke Gopal Pushottam (Kho-Kho)

Q.1. Who was the first Arjuna Awardee in Kho-Kho?

- (a) Shri. Sudhir B. Parab
- (b) Shri. S. Prakash
- (c) Ku. S.B. Kulkarni
- (d) Ku. N.C. Sarolkar

Q.2. From which language the Kho-Kho word originated?

- (a) Hindi
- (b) English
- (c) Marathi
- (d) Bangali

Q.3. Which is the governing body of Kho Kho in India?

- (a) Bhartiya Kho kho Sangh
- (b) Kho Kho Federation of India
- (c) Kho Kho Association of India
- (d) Bhartiya Kho kho Mandal

Q.4. What are the dimensions of field of play of Kho Kho?

- (a) The field of play is a rectangular court of 27 meters in length and 16 meters in width for senior players (men and women).

(b) The field of play is a rectangular court of 23 meters in length and 14 meters in width for senior players (men and women).

(c) The field of play is a rectangular court of 27 meters in length and 14 meters in width for senior players (men and women).

(d) The field of play is a rectangular court of 23 meters in length and 16 meters in width for senior players (men and women).

Q.5. What is the height of the pole (post) in Kho Kho?

- (a) The height of the Kho-Kho pole is 100 to 125 cm.**
- (b) The height of the Kho-Kho pole is 120 to 150 cm.**
- (c) The height of the Kho-Kho pole is 120 to 125 cm.**
- (d) The height of the Kho-Kho pole is 125 to 130 cm.**

