

The below given rules are based on Kho-Kho federation of India (KKFI)

KHO-KHO GAME RULES AND REGULATIONS

MATCH

- The decision of chasing/running is decided by toss. The referee calls the captain of both teams and tosses the coin. The team that wins the toss is asked whether they will take running or chasing.
- A match consists of 2 innings. Each inning lasts for 7 minutes, with 7 minutes of chasing, followed by a 4-minute interval, then 7 minutes of running, and a 4-minute interval. This cycle is repeated, meaning each team has to defend and chase for 7 minutes twice in the match.
- In a match, the team with the most points at the end is declared the winner. If points are equal, another inning is played. If still equal, a tie-breaker rule is applied.
- In a league system, the winning team gets 2 points, and the losing team gets 0 points. If the match is a draw, both teams receive 1 point.

CHASERS

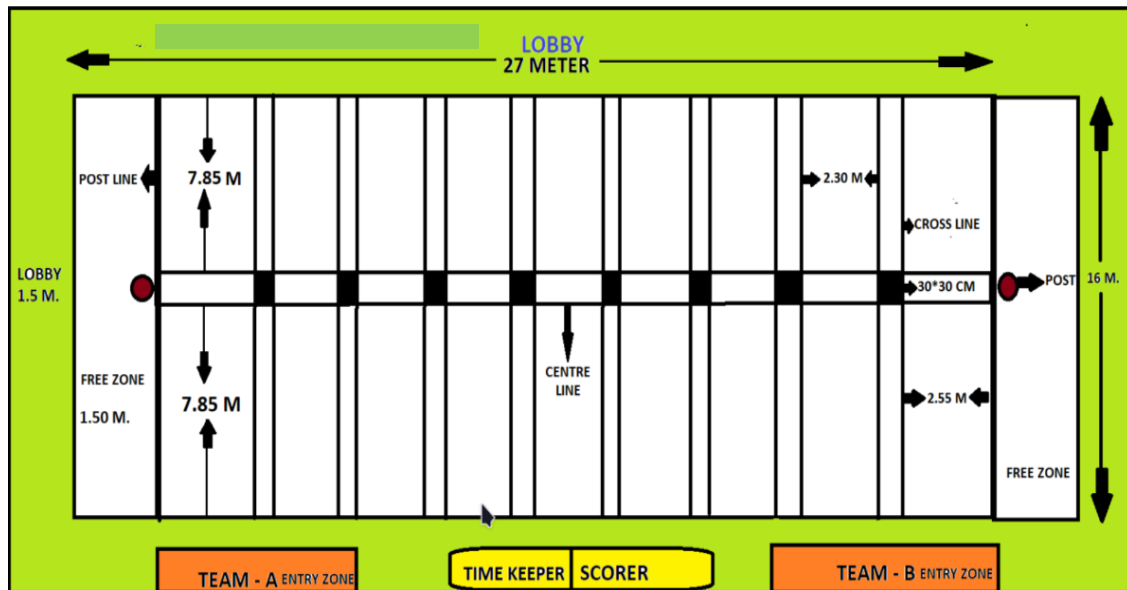
- There are 12 players in this game, out of which 9 play. These 9 players have 1 active chaser who stands on the pole to start the game. The remaining 8 players sit facing the sideline in the sitting box. The two players face one side and the player sitting between them faces the other side.
- “KHO” should always be given after touch. If the active chaser says “KHO” and then touches, then it is a foul.
- No part of the body of the active chaser touches the centerline. Fouls occur on touching. Also, the chaser cannot cross the centerline as it is a foul.
- The sitting chaser cannot move from his place until he has received "KHO". A "KHO" foul arises if movement occurs before the meeting.
- If the active chaser goes out of the **Cross line** (given in image) of the box where a chaser is sitting, then the active chaser will not give "KHO". If he does, it is considered a foul. A whistle will indicate the foul. If the foul is not covered in

the meantime and the runner is dismissed, then the runner will not be considered out.

- After giving "KHO", the active chaser sits immediately in the place of the chaser.
- The active chaser will go in the direction of the side their shoulder was bent towards.
- The active chaser will go in the same direction after taking direction towards any pole until "KHO" is given.
- In the free Zone the active chaser has no restrictions, and the chaser can go outside the playing area without a foul.
- If the active chaser touches the runner without breaking any rules, the runner is out.
- After a batch is dismissed, the players from the other batch cannot be dismissed without giving "KHO".
- The chasing team gets 1 point for each runner out.

RUNNERS

- The "KHO-KHO" team consists of 12 players, with 3 players in reserve. The batch of 9 players in the runner's team is divided into three batches of 3 players each.
- No runner can touch a seated chaser. If they do, they are warned, and on the second time, they are declared out.
- If both legs of the runner go out of the ground, they are considered out.
- Runners have no restrictions on how they run in the play area.
- The first batch enters the field, followed by the second batch when the first is dismissed. If a runner does not enter in their batch order, they are dismissed.
- When all 3 batches are dismissed, the first batch enters again with same members and subsequent batches



The white part is Play area

- The referee's decision is considered final, and arguments will not be entertained.
- Important rules will be mentioned before the match.