

LESSON - 15

KHO-KHO

The following components will be learnt in this lesson:

- History of the game.
- Rules of the game
- Dimensions of Kho-Kho court.

INTRODUCTION:-

The game of kho kho is purely an indigenous game. This game is very popular among the people of India and is fast becoming a national sport.

Speed is of utmost importance in this game. Abilities like strength, endurance, agility and team work also play an important role in this game.

HISTORY

The game of kho kho has been a popular sport since ancient days. This game had its foundation at Pune in Maharashtra. This game was played during festivals like Holi, Deepavali and Dussehra. National leaders like Tilak, Gokhale and Paranjape worked for the development of this game. Due to the popularity of the game and national pride this game evolved and developed.

There are no proofs to suggest how and when this game came into existence. Some historians believe that the word "kho" had its origin from the Sanskrit element "Sev (Touch Go)". Earlier this game was played in temples where players used to run from the pillar to pillar to catch the other players, many other games similar to the game of Kho Kho were played in different parts of the country.

DEVELOPMENT OF THE GAME KHO KHO:- The Pune Deccan Gymkhana was the first institution in the year 1914 framed some rules for the game of kho kho. Later in the year 1924 the “Akhil Maharashtra Shikshan Mandal” started a coaching course for the game kho kho and in the year 1935 published a rule book titled “Rules of kho kho. Kho kho was played as an exhibition game during the 1960 Olympic at Berlin.

The kho kho federation of India (KKFI) came into existence in the year 1957. This game saw many changes in the year 1960. Many skills and techniques were introduced to this game during that period. In the year 1960 the first national kho kho championship was held at Vijaywada in Andhra Pradesh. This game also exhibited at the Asian games during year 1982. KKFI and other institutions have been working hard for the development of this game.

INTRODUCTION OF THE PLAY FIELD AND MEASUREMENTS:

1.END LINE :-

This line indicates the width of the kho -kho court. Line AD and BC indicates the end line.

Measurments :-

2. SIDE LINE :-

Sub Jr. Boys and Girls: 14 mtrs

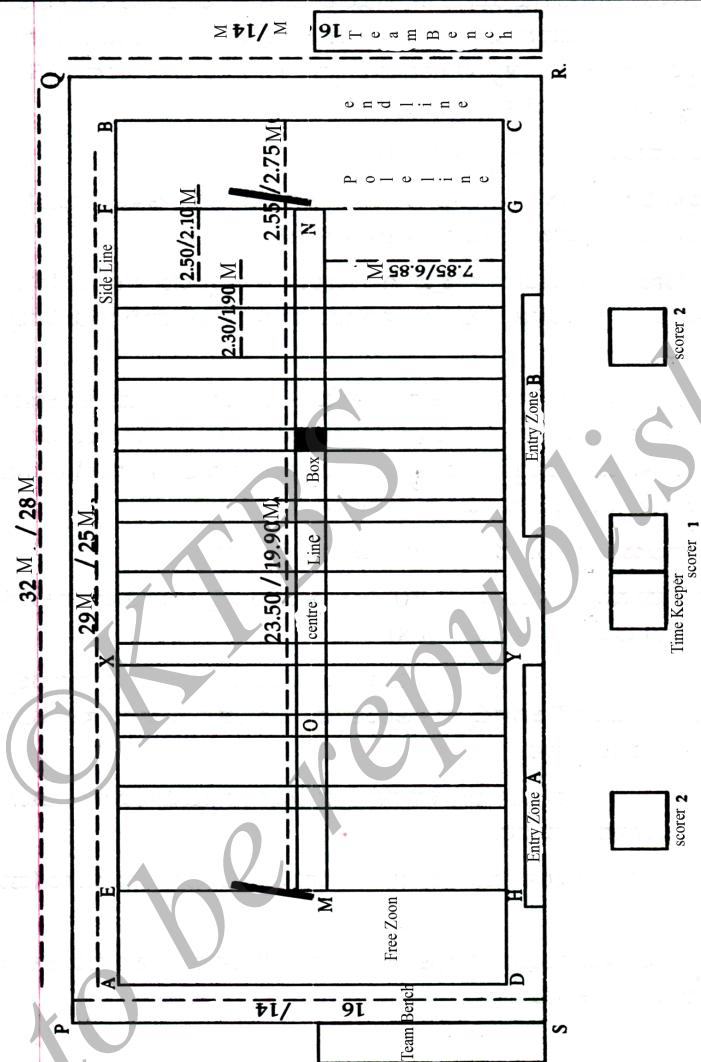
Jr. Boys and Girls 16 mtrs

This line indicates the length of the court. Line AB and DC indicates the side line.

Measurement :-

Jr. Boys and Girls: 29 mtrs

Sub Jr. Boys and Girls: 25 mtrs.



3. GROUND :- The portion indicated as ABCD in the figure is called as the ground. The area enclosing the end line and side lines are called as the kho kho ground.

4. COURT :-

5. POLES :-

The figure indicates the portion EFGH as the court. The rectangular area enclosed by the post lines (M&N) is called the court. The two solid wooden poles firmly fixed in the center of the two pole lines of the court (M&N).

Height of the pole; 120 cm to 125 cm

Circumference of pole: 9cm to 10 cm.

6. POST LINE :- Lines EH and GF indicates the post lines.

7. CENTER LANE :- A line which is 30 cm wide indicates as MN is called as centre lane.
Measurements Jr. Boys and Girls: 23.50 mtrs. Sub Jr. Boys and Girls: 19.90 mtrs.

8. CROSS LANES :- Box indicating XY measuring 30 cm x 16/14 mtrs are drawn parallel to the post line.

9. SQUARES :- There will be 8 squares measuring 30x30 cms. These squares are formed by the cross lanes cutting through the centre lane at equal distances. These squares are meant for the chaser to sit before receiving kho.

10. FREE ZONE :- Rectangular area indicating ADHE and BCGF.

11. LOBBY :- A free zone area of 1.50 mtrs around the ground PQRS.

CHASERS:- There are total of 9 chasers during the play out of which 8 chasers occupy one square each. The 9 th chaser is an active chaser who tries to catch the dodger.

ACTIVE CHASER- The 9th chaser chasing to touch the defender is called the active chaser.

DODGER/RUNNER :- Players other than the chasers are known as dodger or runner.

DEFENDERS :- The 3 players present in the ground during play and try to dodge themselves from the chasers are called defenders.

GIVING KHO :- An active chaser who gets behind a chaser sitting in a box and taps his back and shouts "kho"

FOUL :- When an active player violates any rule it is called foul.

TAKING DIRECTION :- Any direction taken by an active chaser from one post line to the other is called taking direction.

SHOULDER LINE :- An active chaser running in the direction in which his shoulder is directed is shoulder line.

RECED LINE :- After having taken a direction and having covered an area in the court moving backwards or changing of direction is called recede.

LEAVING THE FREE ZONE :- Losing contact of the ground in the free zone area with both feet and entering the court by the chaser is called leaving the free zone.

OUT SIDE THE GROUND :- When a dodger loses contact of both his feet and touches the area outside the ground it is said to be outside the ground.

ENTRY :- A dodger after having lost contact with area outside the play field and then regains contact with the play field is called entry.

EQUIPMENTS REQUIRED TO ORGANISE A KHO KHO TOURNAMENT:-

- 02 poles
- Marking rope
- Measuring tape
- Stop watch
- Score sheet
- Score board
- Time indicator
- Marking powder
- Whistle
- Sports wear

RULES OF THE GAME:-

1. After winning the toss the captain of the team should inform the umpires if his team chooses to chase or dodge.
2. At the start of play 3 players of the dodging team should enter the ground.
3. While the game is played a passive chasers shall not get up without getting kho or changing his direction.
4. An active chaser should not touch or cross the centre lane during chasing.
5. No player sitting in the square should get up from his square before getting a kho from the active chaser.
6. An active chaser after having lost the contact with the cross lane should move in the same direction and can give kho to the next sitting chaser.
7. When a active chaser is moving ahead in a cross lane he has the liberty to either turn left or right.
8. Chaser should not obstruct the dodger
9. Active chaser have no restriction of the free zone.
10. An active chaser may leave the play ground but should not change his direction of run.

11. If a dodger loses contact with the play field and comes in contact with the ground outside he is declared out.
12. If an active chaser touches a runner without any foul dodger it is declared out.
13. When an active chaser commits a foul the official shall indicate foul with small sound of whistles and hand signals. After the whistle the chaser can change his direction of run and give kho to a sitting chaser.

RULES OF THE MATCH :

1. A kho kho team consists of 12 players. Among them, 9 players will be playing and 3 players are substitutes.

DURATION OF THE GAME:

Sections	1st Innings				2nd Innings				TOTAL
	Turn 1	Short Break	Turn 2	BREAK	Turn 1	Short Break	Turn 2		
Men/ Women/ Jr.boys / girls	9 Min	5 Min	9 Min	9 Min	9 Min	5 Min	9 Min	55 Min	
Sub Jr./ boys / girls	7 Min	3 Min	7 Min	6 Min	7 Min	3 Min	7 Min	40 Min	

EXERCISE

I Fill in the blanks

1. Length of the Jr. boys kho kho field is _____ mtrs and breadth is _____ mtrs
2. The game of kho kho started in _____ state.
3. The rules for the game of kho kho were first published in _____
4. Height of kho kho pole is _____

II Tick the appropriate answer:

1. The word Kho has been derived from the following word
a). Pyu b. Sev c. Que d. shu
2. All India Kho Kho Federation was formed in the year _____
a. 1967 b. 1977 c. 1957 d. 1987
3. Kho-Kho game was exhibited in the 1936 _____ Olympics
a. Beijing b. Berlin c. Athens d. China

III Match the following

A	B
1. Chaser –	Defending player
2. Dodger –	Violation of rule
3. Foul –	30x30 cms
4. Lobby –	player of attacking team
5. Square –	1.50 mtrs

IV Answer in one sentence

1. Give the expanded form of KKFI
2. Which is the institution which framed the rules of kho kho for the first time?
3. How many innings are there in the game kho kho?
4. How many players are there in Kho-Kho team?
