



GHANGAPATANA

KHO-KHO



SHRUJAN 1.0

GIET UNIVERSITY , GUNUPUR

Team Size: 9 players

GIRL CAN ONLY PLAY WITH GIRL

Venue: Beside Volleyball court

BOY CAN ONLY PLAY WITH BOY

Rules and Regulations:

- Number of players in Kho Kho: 12. But only 9 of them can compete on the pitch.
- A standard match encompasses two innings.
- Each inning will have 9 minutes which includes chasing and running.
- The chasing team sits or kneels in the middle of the court in a row. Each player sitting next to the other will see on the opposite sides (in an alternative direction).
- The chasers should end in the quickest time possible.
- The chaser will touch the nearest possible player on his/her back and say ‘Kho’ to give him a chance to chase.
- The team that takes the shortest amount of time to touch the player chased, is adjudged as the winner.
- The runner or the chaser is decided by toss.
- The captain of the chasing side may end the turn before the allotted time.
- The side that scores more wins a match.
- When a defender is out, he should enter the sitting box from the lobby.