

KHO-KHO RULES

GENERAL RULES:

- 1) SQUAD STRENGTH = 14 (9 + 5 SUBSTITUTES)
- 2) IT IS A MIXED EVENT I.E, INCLUSION OF FEMALE PARTICIPANTS IS AS PER RESPECTIVE DEPT'S INTEREST **(NOT MANDATORY)**
- 3) NO OF ENTRIES FROM EACH DEPT = 1
- 4) EACH TEAM SHALL PLAY 2 INNINGS OF ATTACK & DEFENCE EACH LASTING 5 MINS
- 5) TEAMS NOT REPORTING 15 MINS PRIOR TO COMMENCEMENT OF MATCH SHALL BE DECLARED WIN FOR THE OPPONENT.
- 6) IN CASE OF TIE : 1 POINT AWARDED TO BOTH TEAMS IN A LEAGUE MATCH AND FOR KNOCKOUT MATCHES ADDITIONAL 30 SECS SHALL BE GRANTED TO BOTH THE TEAMS. THE TEAM WHICH TAKES THE FIRST DEFENDER OUT IN LEAST TIME WINS. THIS PROCESS SHALL BE REPEATED TILL WINNER IS DECIDED.
(CONDUCT OF LEAGUE/KNOCKOUTS IS SUBJECT TO CHANGE AS PER ENTRIES)
- 7) **REFEREE'S DECISION SHALL BE CONSIDERED FINAL. ANY UNWANTED ARGUMENT AGAINST THE DECISION WILL LEAD TO PENALIZING OF THE PLAYER/ TEAM.**

GAME RULES:

- 1) ATTACKER MUST NOT CROSS CENTRAL LINE.
- 2) DEFENDER CROSSING THE BOUNDARY WILL BE GIVEN OUT.
- 3) RAISING BEFORE GIVING KHO & RAISING WITHOUT GIVING A KHO IS CONSIDERED FOUL.
- 4) TURNING TOWARDS ONE POLE AND LATER ON SWITCHING YOUR BODY TOWARDS OPPOSITE POLE IS CONSIDERED A FOUL UNLESS YOU REACH THE FREE ZONE.
- 5) NO DIRECTION FOULS IN THE FREE ZONE
- 6) KHO SHALL NOT BE CONSIDERED WITH EXTENDED HELP OF THE SITTING ATTACKER.
- 7) PERFECT KHO – IF A KHO IS GIVEN, IT SHALL BE GIVEN BY TOUCHING THE SITTING ATTACKER WITH HAND BETWEEN SHOULDER AND WAIST AND UTTERING THE WORD “KHO” WITH A

SUFFICIENTLY LOUD TONE SO THAT DEFENDER AND REFEREE BOTH CAN HEAR.

- 8) ENDLESS SUBSTITUTIONS CAN BE MADE . DURING SUBSTITUTIONS, DEFENDER CAN'T BE TOUCHED. ALSO, THE TIMER MAY NOT PAUSE FOR THE SAME.
- 9) AFTER A BATCH HAS BEEN OUT, THE NEXT BATCH OUGHT TO ENTER WITHIN NEXT KHO , FAILING WHICH MAY LEAD TO GIVING OUT TO THE ENTIRE BATCH. ENTRY SHALL BE MADE ONLY THROUGH ENTRY ZONE.
- 10) DIRECTIONAL FOUL AFTER TOUCHING THE DEFENDER BEFORE SUBSEQUENT KHO MAY LEAD TO CANCELATION OF THE POINT OF THAT DEFENDER.