KHO-KHO

Rules and Regulations

- 1. Each side consists of 12 players.
- 2. An innings will consist of chasing and running turns which will be of 7 minutes duration. Each match will consist of two innings.
- 3. An interval of 5 minutes is allowed after an innings and two minutes between two turns.
- 4. The side of the chasers scores 1 point for putting out each runner.
- 5. The chaser or runner has the option to end the turn before the expiry of the allotted time.
- 6. The captain of the toss winning team will have the choice of chasing or running.
- 7. The runners will fix their entry serially with the scorer.
- 8. With the commencement of the game three runners are to get inside the court. As soon as a runner is put out the next three runners must enter the field before "kho" is given. If the runner fails to enter the field, he is given out.
- 9. A runner goes put 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 chaser twice or after receiving the warning or similar infringement.
- 10. Rules for the chaser:
 - a. The seated chaser shall not get up without getting "kho".
 - b. After getting "kho" the sitting chaser becomes active and follows the direction he is facing.
 - c. An active chaser is not to cross the center line.
 - d. The face 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 center.
 - e. If a foul is committed by active chaser, he will be directed to go in the opposite direction of his chaser as indicated by the umpire and if a runner be put out by this act, he will not be given out.

Registration Fees:

Boys: Rs. 500 per Team Girls: Rs. 400 per Team

Prizes:

Winning Team: Boys: Rs. 2000 +Trophy, Medals + Certificates (Lot of other Exciting Gifts) Winning Team: Girls: Rs. 1500 +Trophy, Medals + Certificates (Lot of other Exciting Gifts)

Runner up Team: Boys: Rs.1000 + Trophy, Medals + Certificates (Lot of other Exciting Gifts) Runner up Team: Girls: Rs.750 + Trophy, Medals + Certificates (Lot of other Exciting Gifts)

Coordinators:

Anil Kumar Verma | +91 8090648275 Vartika Singh

