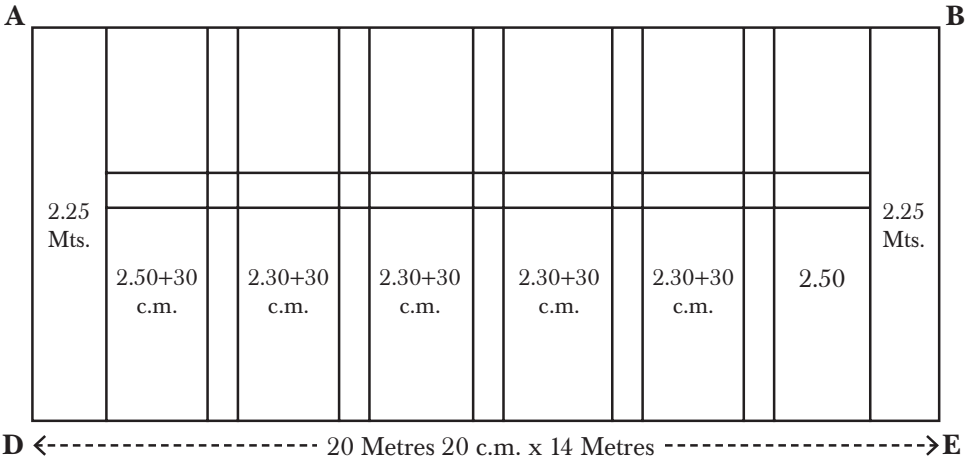




National Club Games

Rule Book

Kho-Kho



PART-1

KHO-KHO GROUND

1 Endline

The lines AB and CD running parallel to each other and equal in length to the length of the Kho Kho field are known as ENDLINES.

Note: Measurement of ENDLINES for: 14 Mts.

2 Sidelines

The lines AD and BC running parallel to each other and equal in length to the length of the Kho Kho field are known as SIDELINES.

Note: Measurement of SIDELINES for: - 20 Metres 20 Centimetres

3 Field

The limits of the Kho Kho field are formed by meeting the Endlines and Sidelines at ABC&D.

4 Court

The area between the post lines formed by points EFGH is known as COURT.

5 Posts

Two strong wooden posts, smooth all over 120 to 125 cms. Above and perpendicular to the ground, fixed firmly in the free zone at tangent to the Post Lines at M and N are known as POSTS. The points M and N shall coincide with centre of the posts and shall be at a distance exactly half the width of the Kho kho Court. Their diameter shall be uniform throughout and shall measure between 9 and 10 Cms.

Note: The POSTS shall not be taper. Top of the Posts shall be free from any sharp edges.

6 Central Lane

CENTRAL LANE is a rectangle in between two Posts measuring 30Cms. x length of the court which divides the Court into two equal halves and forms Square at the intersection of Cross Lanes.

Note: The length of the Central Lane: 10.70 Mts.

7 Cross Lane

Each of the rectangles measuring 30 Cms. x width of the court that intersects the Central Lane at right angle is known as CROSS LANE.

8 Square

The area 30 Cms. x 30 Cms. formed by the intersection of the Central Lane and the Cross Lane is known as a SQUARE.

Note: 1. Distance between adjacent Squares: 230 Cms.
2. Distance between Post Line and 1st Cross Lane: -250 Cms.

9 Lines of the Posts

The lines which are at right angles to the Central Lane and run parallel to the Cross Lane at tangent to the Posts are known as Line of the Post or Post Lines (EF & GH).

10 Free Zone

The remaining portion of the field on either end of the Court is known as FREE ZONE.

Note: The dimension of the Free Zone: -225 Cms. x 14 Mts.

11 Lobby

The area surrounding the field by a measure of 1.5 Mts. in width is known as LOBBY.

12 Width of the Line

Width of each line should be around 3 Cms. To 5 Cms. and is included in all measurements.



13 Entry Zone

The area marked in the lobby parallel to the Side Line and in the both side of Scorer's table with the outer line of the lobby measuring 1 Mt. in width and from Post Line to 3rd. Cross Lane in length is known as ENTRY ZONE. It is meant for the Runners to take entry to the field for defence.

14 Sitting Block

Sitting Block for Reserve Players, Coach & Manager shall be either side of the Field just outside of the Lobby adjacent to the end lines.

15 Chasers

The players who chase the opponents with a view to put out them and at the same time score points are known as CHASERS.

16 Attacker

A player who pursues the players of the opposite side i.e. defenders with a view to tag and touch them is known as an ATTACKER.

17 Runners

The players of the side other than the Chasers are known as RUNNERS.

18 Defenders

The runners who are inside the field for their turn of defence are known as DEFENDERS.

19 To Give Kho

To give KHO an Attacker should touch the Chaser by hand from behind him and then utter the word "KHO" loudly and distinctly.

Note: If the action of uttering the word "Kho" precedes the action of touching by hand, then it shall be deemed as a foul. Simultaneous action of touching and uttering "KHO" is not a foul. Single action of touching will not be deemed as foul. However, uttering "KHO" will be considered as foul. If an Attacker touches a chaser sitting in the Square nearest the Posts, "KHO", shall be given. If an Attacker utters any word other than the word "KHO" it will be deemed as a foul. Also uttering the word "KHO" or any other word resembling the word "KHO" by any of the Chasers will be treated as foul. The other actions being perfect, the following three actions of the Attacker where a "KHO" is given will be allowed. However, the feet of an Attacker shall not go beyond that Cross Lane.

- A. An attacker's front foot need not necessarily be in touch with the Cross Lane.
- B. An attacker may be in the Cross Lane.

- C. An attacker's foot should have in touch with the Cross Lane, with the other portion of his body going beyond that Cross Lane.
1. After touching a chaser except nearest to the Post (1st & 5th Chaser) if an Attacker moves away beyond the Cross Lane, he will be deemed to have continued his attack and hence shall not be allowed to utter "KHO" from the distance. However, on Cross Lane he may come back and give "KHO".
 2. An attacker cannot rest or support on the Chaser to put out a Defender. It will be deemed as a foul.

20 Foul

If an Attacker or a Chaser violates any Rules, it is known as a Foul.

21 To Take a Direction

When an Attacker goes from one Post line to another Post line and/or after getting a Kho, he goes towards a particular Post line he is said to have taken a direction.

22 Shoulder Line

An imaginary line running through the centre of the shoulders of an Attacker is known as SHOULDER LINE.

23 To Recede

When an Attacker while going to a particular direction, touches the ground which he had already covered, he is said to have receded.

Explanation: The Ground Covered will always refer to ground covered by Rear foot in opposite direction.

24 To Leave the Free Zone

When an Attacker loses contact of his feet with the Free Zone and comes in contact with the Court with his feet, he is said to have left the Free Zone.

Note: Keeping within the Rule of taking direction, an attacker can change his direction by kicking the Post by his one leg and another in the air.

25 To Reach the Free Zone

When an Attacker loses contact of his feet, with the Court and comes in contact with the ground of the Free Zone by his feet he is said to have reached the Free Zone.

26 Out of Field

If a defender loses contact of his feet with the Field and comes outside, he is said to have gone OUT OF FIELD.

27 Entry

A runner is said to have entered the Field as soon as he loses the contact with the



ground outside the Field with his feet and comes in contact with the ground inside the Field with his foot.

PART-2

RULES OF THE GAMES

1. The play ground (FIELD) shall be marked as shown in Part 1
2. Referee shall call both the captains for the spin of the coin (TOSS). He shall instruct one of them to call the choice of the side of the coin. He shall then declare the winner of the TOSS.

Referee shall stand at the centre of the court FACING the scoring table with Captains on either side.

Note: A. The winner of the toss will raise his arm and indicate immediately by his index finger either the Central Lane or the Side Line for the option of Chasing or the Defence. No captain shall touch the coin.

B. Any 5 chasers shall occupy the Square facing the Side Lines in such a way that no adjacent chasers face the same Side Line.

The 6th chaser shall stand in either of the Free Zone to start the chase.

A. At the commencement of the turn, the first batch of two Defenders shall be inside the limits (Field) and the remaining Runners shall occupy the seats meant for them.

B. After a Defender is out he shall occupy the seat meant for him.

C. After commencement of the turn, no chaser shall leave the Square without getting Kho or change the face. If he does so, it is a Foul and repetition of the same will amount to misbehavior.

- 3 An Attacker, as a rule, shall not cross the Central Lane to go to the other half of the court or to the Free Zone.

Crossing/touching of Central Lane by any part of the body except note is an offence. It shall be treated as Foul.

Note: If an Attacker while chasing crosses/touches that line of the Central Lane which lies on the side of his chasing half the Foul shall not be declared. However, if an Attacker while touching or at the time of touching the Defender or as a result of the action of putting out a Defender does it, foul shall be declared and Defender will not be declared out.

- 4 If a Kho is to be given, it shall be given from behind a Chaser. It shall be given in a sufficiently loud tone so that the Defenders and the officials can hear. The Chaser shall not get up without getting Kho.

Note: A. An Attacker shall not give Kho by touching the arm or leg or any part of the body extended or tilted towards him by a Chaser.

B. To give Kho touching on the back of the Chaser should not be insisted upon.

5 After giving a Kho, an Attacker shall cease to be so and shall sit down immediately in the Square of the Chaser to whom he has given a Kho.

Note: A. After giving a perfect Kho if the Chaser while sitting loses the contact of the Cross Lane it shall not be a Foul.

B. The natural time needed to sit on the Square after giving Kho must be allowed. However, this should not obstruct the game of Defender. If he does so it should be declared as Foul.

6 After getting a Kho Chaser will immediately be an Attacker and shall go to the half that he is facing and shall go in the direction which he has taken by going the Cross Lane or turning his shoulder towards any of the Posts.

An Attacker shall take the direction according to one of the actions, which ever he has performed first.

Note: A. As long as any part of the foot of an Attacker is touching the ground of a cross lane he has not gone beyond that Lane.

B. Defender shall be declared "OUT", if an Attacker puts him out (touches him) before leaving the SQUARE without committing foul.

7 An Attacker shall take the Direction to which he turns his Shoulder Line. When Attacker, while going in a particular direction, turns his shoulder line through more than a right angle to the direction which he has already taken it shall be a Foul.

8 Once an Attacker has taken a direction, he shall go in that direction till he reaches the Free Zone unless he gives a Kho before that. An Attacker shall not go to the other half of the court unless he turns around the Post through the Free Zone.

9 If an Attacker leaves the Free Zone, he shall go in the direction of the other Free Zone, remaining on that half of the Court where he was, when he left the Free Zone.

10 The rules about taking the direction and receding shall not be applicable in the Free Zone.

11 The chaser shall sit in a manner which shall not obstruct the Defenders. If a defender becomes out by such an obstruction he shall not be declared out.

Note: A. If a chaser is found to be deliberately moving any part of his body which may obstruct the defender, he shall be warned by officials and appropriate action will be taken.

B. The ACTION of moving/tilting shoulder thigh or any other part of the body towards a Defender who is running near the Central Lane



and closer to a chaser shall be treated as a “FOUL”.

- 12 During a turn, an Attacker may go out of court but he shall observe all the rules, about taking a direction and receding even when he is out of court.

Explanation

The word “court” is to be noted. Rules of court are applicable within the area covered by or between the EXTENDED POST LINES.

Attacker will be allowed to enter the Field/Court as he wants, if he goes out of Court beyond the extended post line. He shall not be insisted to enter through the Free Zone.

- 13 A Defender shall not touch a Chaser. If he does so he shall be warned once in a turn. If he repeats the same, he shall be declared out.

Note: Warning to the Defender should be recorded in the Remarks Column of the Score Sheet.

- 14 A defender shall be declared out, if he is touched by hand by an Attacker without violating any rule or if he goes out of Field. He shall be declared out by a short blow of the whistle.

Note: A. Deliberate pushing, catching, pulling even by uniform or hitting will be treated as misbehavior.

B. While chasing a Defender, if an Attacker pushes the said Defender out of field, the Defender shall NOT BE DECLARED OUT.

C. If a defender goes out of field he shall be declared out.

- 15 An Attacker and the Chasers shall not violate any of the rules pertaining to them. It shall be a Foul if any rule is violated.

Note: A. If a Defender is put out as a result of such a Foul or if Foul is committed immediately as a result of the action taken in putting a defender out, the Defender shall not be declared out. The protection from being out due to a foul is applicable to the Defender who was being actually chased at the time of committing foul.

B. At the time of “Touching At Post” (POLE DIVE), dragging of rear leg and turning of shoulder line more than 90 degree will not be a foul but touching and/or crossing the Central Lane by any part of the body will be a Foul. In this case shoulder line foul should be ignored.

- 16 If an Attacker violates any of the rules, the Umpire shall declare a foul by blowing a short whistle continuously and shall immediately compel the Attacker to go in a direction opposite to that of which he is going. Immediately on hearing a signal given by the Umpire by his whistle, the Attacker shall take the direction indicated by the Umpire and if the Defender, being chased at that time, thereby becomes out he shall not be declared out and the Attacker shall have to follow the

direction indicated by the Umpire, he need not give Kho.

Note: In as a result of the action of putting out there should be any lapse of time between Foul and action. Foul must be committed in a continuous action/follow through.

17 Advantage Rule

If a foul committed by either the Attacker or chaser does not give any advantage whatsoever to the chasing side in their chase and disadvantage to the Defenders, it shall not be declared by the continuous short blast on whistle.

PART-3

RULES ABOUT MATCHES

- 1 Each team will consist of One Manager cum coach and 7 players for competition. Five players will be named for a match, only two players shall be Reserve .
- 2 **A.** An inning will consist of a chasing and defending turns which shall be of 5 minutes each for. Each match will consist of 2 innings. There shall be an interval of 5 minutes after an inning and 2 minutes break between turns for boys and girls. At the beginning of a turn 2 runners shall be inside the Field for defence. Immediately on these 2 defenders being declared out, the next 2 runners shall be inside the Field before 2 Khos are given. Those runners who fail to enter within the period shall be declared out. The runners who may enter early shall not be declared out but called back. Thus the Runners will continue to enter the field in the same batch till the end of turn. The Attacker who has put out the third defender shall not chase the new batch. He shall give Kho. If he chases any of the new Defenders, it shall be a Foul. Each side shall enter its Runners to the field from the portion marked for them in the lobby (Entry Zone).
- 2 **B.** Time to enter the Field (TWO CORRECT KHOS) is given to Runner. Hence Defender who is inside the Field can be chased after One Correct Kho is given. To Chase a new batch two Khos should not be insisted.

As soon as 1st Defender of a batch is out, the next two Runners must enter the Entry Zone.

Referee shall have the option to declare out Runners of the next batch, who have not entered the field after two correct Kho's are given.

An Attacker shall not pursue a new batch after the last Defender of a batch is out in whichever manner. He must give Kho.

Runners who enter early shall be called back by the Referee.

- 3 The captain of the chasing team shall have the option to end the turn before the allotted time. He shall inform the Referee about the same by raising his arm and



request him to stop the turn until the Referee has signaled to stop the turn, the turn is not closed. The chasing side shall not leave the Squares until the Referee has declared the turn as closed.

Note: Defending side can also request the Referee to close, the turn of defence in the 2nd innings, provided the match is conceded as “Defeated”. The Referee can allow this, if the difference in points at that time is 15 or more.

- 4 The chasing side shall score one point for each Defender out. If all six Runners are out before the completion of the turn they shall maintain the same order of defence. Order of the Runners shall not be changed during a turn.
- 5 In the knock out matches the side that scores more points at the end of the match shall be declared as winner. If the points, are equal one more inning (one turn for each side as chasers and runners) shall be played. If again the points are equal an additional inning shall be played on minimum chase basis as follows: Referee will start the turn of his additional inning. As soon as the first point is scored the turn shall be closed by the Referee. He shall stop the “stop watch” with him simultaneously. The time for scoring of this first point shall thus be noted. The side that takes less time to score this first time (Minimum chase) shall be declared as winner of the match. (The Referee shall stop the match, if the time exceeds more than 30 seconds than the recorded time of the opponents). If needed be, this process shall continue till the winner is decided. In the league system the winner shall score two points and the looser shall score no points. In case of a tie, both the sides shall score one point each. If there is a tie in the group league points scored in the league the concerned teams in the group will replay the match or matches with knock out system after drawing lot. But if it is not possible to conduct match/matches for some unavoidable circumstances the match/matches can be played in minimum chase basis.
- 6 If a match is not completed for any reason, it shall be continued further at another time with the same players and the same officials, provided it is played in the same session, the scorers of the completed turns, of each side shall be counted the match being continued, from the beginning of the incomplete turn. (The same nine players at the time of interruption and officials will be there). If the incomplete match is not played in the same session, the entire match will be replayed from the beginning. In this case the players and officials need not be the same. Time for a Session will be as follows: Morning sunrise to 12.00 Noon Afternoon/ Evening 12.00 Noon to end of the day.

Note: A match started in one session and completed in the next session will be treated as played in the next session.

- 7 After completion of 1st inning if the points of a side (who chaser 1st at the starting of the match) exceeds the points of other side by nine or more the former side shall have the option of requiring the later side to follow on its turn as chaser without forfeiting its own right to take its turn as chaser afterwards. In case the

other side exceeds its score.

Clarification

Option to give “follow on” is restricted upon 9 points only. It will be mandatory to give “follow on” if the difference is more than 9 points. In case of “follow on” the Result will be won by “an inning”.

8 Substitution

Any number of substitutions can be allowed by the Referee on the request of Coach or Captain.

A. For chasing turn at any time during the match.

B. For Runners substitution is allowed only before they enter the field.

Note: A. During substitution the substituted chaser shall not enter the field, unless the outgoing chaser comes out of the field.

B. Substituted attacker shall not pursue the defenders directly. He must give a Kho.

9 If a Defender is out he shall return to the sitting place through the lobby entering from the nearest End or Side Line only.

10 The teams will not leave the ground till the Referee declares the result of the match.

PART-4

OFFICIALS FOR THE MANAGEMENT OF MATCH (AUTHORITY DUTY AND RIGHTS)

The following officials shall be appointed for the management of a match:

A Referee, Two Umpires, a Timekeeper and One Scorer.

REFEREE

1 The referee shall perform the following duties.

A. He shall check the score sheets, ground etc. and take the toss before starting the match. He shall help the umpires, to perform their duties and shall give his final decision in case of any difference between them.

B. If a player intentionally obstructs the conduct of the play or behaves in an ungentlemanly or mischievous manner or intentionally violates any of the rules, the Referee shall at his discretion penalize the defaulting players. The penalty at his discretion shall range, according to the default from warning a defaulting player or the entire team to participate in further play of the match.



- C. He shall announce the warning by calling the chest number of runner or chaser and showing a “Yellow” Card. It shall be recorded by the Scorer-1 by marking the chestnumber in warning column. He shall announce the forbiddance from the participation in future play in similar way as warning but showing a “Red” Card. This will also be recorded by the Scorer-1 by marking the “F” against the chest number in defence column. Such a player shall be immediately replaced and asked to leave the arena.

Note: If a defender is shown a red card by the referee to penalize his offence he will be declared out and shall be forbidden from the participation for that particular match and in the next match too. His substitute will be allowed to play in the same batch if the batch is to come/play again in that particular turn.

- D. He shall synchronize his watch to that of time keeper and shall check the time after each turn.
- E. He shall check the scores of the sides at the end of each turn from the score sheet also announce the result of the match.
- F. He shall be responsible for the general supervision of the match.
- G. He shall alone keep the time during the additional inning of minimum chase.

2 Umpire

The Umpire shall move in the lobby and shall conduct the games. For any reasons, if he enters the field, he shall come back to the lobby immediately without obstructing the progress of the match. He shall give decisions and also help the other Umpire to give correct decisions. The Umpire shall declare a foul and compel the Attacker to act up to the rules, if the latter does not follow the rules. If there is any unfair means in the ground he will warn the concern players verbally and will bring it to the referees’ notice for further action if necessary.

3 Time Keeper

The Time Keeper shall start the turn by blowing a long whistle followed by a short after getting direction from the Referee. The end of the turn shall be declared by him by blowing a long whistle. He shall enter the lobby and declare the completion of each minute of play loudly by raising his arm holding an indicator.

Note: Referee/Umpire/Time Keeper, should exhibit as shown in Part-IX SIGN IN KHO-KHO.

4 Scorer

Scorer-1 shall note down and check the names and numbers of the players, shall record the performance of the players. At the end of the match he shall prepare the scores of the two sides and the Result of the match. He shall get the score sheets duly signed by all officials. After completing the score sheet he shall hand over to the

Referee for checking and declaration of the result.

Scorer-2 shall record the order of the Defenders. He shall keep a record of the Defenders who are out and make them sit in the place provided for them. He shall execute the process of substitution and shall note down with scorer.

- 1 After the start of the match, if any of the officials is unable to officiate, the remaining officials shall manage the officiating till the end of the turn. If the official is unable to resume the work, he shall be replaced by a new official.
- 2 The officials of the match shall be appointed by the competent authority and shall function under the guidance of Referee.

PART- 5

RULES ABOUT PLAYERS/ MANAGERS/COACHES

1 Players Uniform

Uniform of a Kho-Kho player shall include spots/canvas shoes (free from any metal part anywhere that may cause injury) short and vest (half sleeves) or “T-shirt” for men and Boys: shirt or “T-shirt” for women and girls.

Each player shall be numbered in front and back of his “T” shirt/shirts with number of solid color contrasting with the color of “T” shirt. The number shall be printed/ stitched of size 10 cms. High and 2 cms. Wide on the back (contravention) on the lesser size will be treated as misbehavior. The numbers shall be printed to 1 to 15. Players of the same side shall neither wear duplicate a tournament/championship. (In case the need arises. Referees will allow change of chest numbers).

Manager shall furnish scorer-1 the list of players and chest numbers.

2 Rights & Duties of Players

- a All players must know the rules of the game and abide by the rules.
- b During the game, a player may address the referee only through the team captain; the team captain may address the referee and shall be the spokesman for his players. He may also address the other officials but only on matters concerning their duties.

3 Conduct of Players/Substitutes/Coaches and Managers

The managers, Coaches & Substitutes shall sit in the place provided for them.

The following acts, are punishable:

- a) Persistent addressing of officials concerning their decision.
- b) Making derogatory remarks to officials.
- c) Committing actions tending to influence decisions of the officials.



- d) Making derogatory acts or personal remarks to the opponents.
- e) Deliberate coaching during the game from outside the ground.
- f) Leaving the ground without the permission of the referee during the match and before declaration of the result.

Referee shall take action according to the gravity of their offence.

4 Penalties

- a For a minor offence, such as talking to opponents, spectator or officials, shouting, etc. a verbal warning will be given by the Referee. In case of repetition of the offence warning will be given by showing a yellow card.
- b For a serious offence, Referee may disqualify the concerned players and others from rest of the match by showing a red card.

Note: If a player is shown yellow card twice in a match, he shall be forbidden in that match of the particular tournament and also in the next match if he is shown a yellow card in two different matches in a particular tournament, he will be forbidden from participation for next match of that particular tournament.

If a player is shown red card in a match he shall be forbidden from the participation for the rest of the match and for next match also of that particular tournament. As mentioned in the rule 1, 2, 3, of Part 5 shall be taken by an Umpire and/or Referee. The concerned shall report the matter in writing to the proper Authority (in charge of officials, Observer, Organizing Secretary, Convener, Referees Board of respective Federation/Association, Secretary General.

Note: Masculine gender assumes feminine gender and singular number assumes plural number whenever necessary in all the preceding parts.

PART-6

IMPLEMENTS

The following should be used:

- A. Posts.
- B. Strings.
- C. Measuring tape (steel)
- D. Stop watches (two on each ground).
- E. 2 Rings having inner diameter of 9 cms & 10 cms. respectively.
- F. Score-sheet, Performance Count.
- G. Time placard 1 to 8
- H. Red & Yellow card.

