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Sports Name :- KHo - KHo

Class :- F. Y. B. S. C.

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What is KHO-KHO ?

Kho-Kho is a popular tag and ancient sport from India. It is played by teams of 12 nominated players out of fifteen, of which nine enter the field who sit on their knees (chasing team), and 3 extra (defending team) who try to avoid being touched by members of the opposing team. It is one of the two most popular traditional tag games in the Indian Subcontinent, the other being Kabaddi. Apart from the Indian community in South Africa, Kho-Kho, traditional Indian sport, a form of tag, that is one of the oldest forms of outdoor sport, dating back to prehistoric India.

Kho-Kho fosters many desirable traits such as sportsmanship, teamwork, loyalty, competitiveness, and self-esteem as well as speed, agility, strategy and quick thinking. This game in itself is a personal development tool for the athlete that takes up the challenge.

First ever Kho-Kho competition was held in the year 1914 in 1959 first national Kho-Kho Championship was held under Kho-Kho Federation of India was set up in the year 1955.

History

- The origin of kho-kho is very difficult to trace, but many historians believe, that it is a modified form of 'Run Chase', which in its simplest form involves chasing and touching a person. With its origins in Maharashtra, kho-kho in ancient times was played on 'raths' or chariots and was known as Rathera. Kho-kho is a popular tag sport from India. The present appearance of the game was an adoption about the time, there were neither any dimensions of the playground nor the poles which demarcate the central line. The time factor was also missing.

- In 1999, The Asian kho-kho Federation was established during the 3rd edition of the South Asian Games. Member countries included India, Bangladesh, Pakistan, Sri Lanka, Nepal and Maldives. The 1st Asian championship was held at Kolkata in 1996 and the second championship at Dhaka, Bangladesh. India, Sri Lanka, Pakistan, Nepal, Japan, Thailand were participants of this championship.

Rules

Two teams face each other in this game (Team A and Team B)

The game starts with toss between two team captain. The winning captain decides who will chase Team A or Team A won the toss consists of 12 players. If Team A won the toss and decides to chase, 9 players from team team A enters the playground. All 9 players sit/kneel in the middle of the court facing opposite direction in a straight row. A match consists of two innings of running and chasing turns of 9 minutes.

From Team B, three players can enter the koo-koo ground as the runners. All 9 players of the team sit in a row with both the end having a pole. The 3 runners can go between two players of Team A who are sitting in a zigzag alignment. The chaser team members failing to go through their sitting team member is not to go through their sitting team members failing to it is a penalty. He can only turn back and chase after he touches the pole at

Playground Dimensions & Equipment

The required equipment in kho-kho game is two watches, whistle (every time a team scores), measuring tape, lime powder and stationery to write results.

kho-kho playground is -

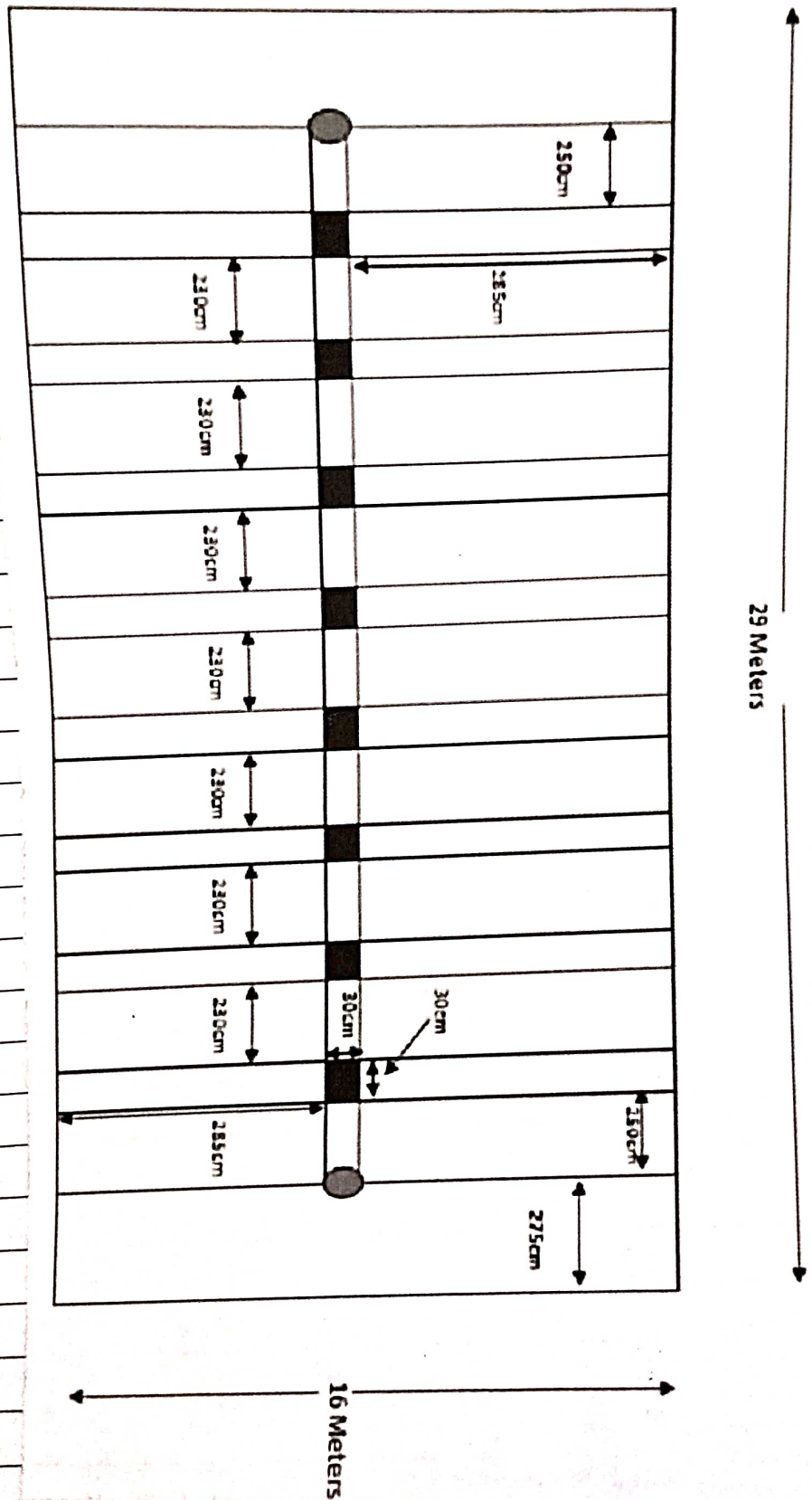
- 29 meters long
 - 16 meters wide in dimension
- At each end of the longer side of the rectangle is two rectangles measuring
- 16 meters in length
 - 2.75 meters wide.

Wooden pillar of 120 cm high at the inner center of the line of this rectangle as shown in the figure below. The circumference of the wooden pillar is between 30 to 40 cm. There is one straight line on either side of the pillar. There are 8 pairs of parallel lines between these two wooden pillar posts. Each pair of the lines is -

- 30 cm away from each other
- 2.30 meters away from next pair of line.

kho - kho Diagram.

Fig. Shows the Correct & Appropriate Dimensions of a kho - kho Ground.



Kho - Kho Skills.

- Each player requires following Kho Kho Skills to contribute and win the game:

1. Chasing Skills:

- Pole diving
- Sudden change of direction
- Tapping
- Diving
- Grasping Direction
- Fake kho
- Giving kho
- Late kho
- Getting in square and getting off from square.

11. Running Skills:

- Running: zig-zag
- Avoiding
- Dodging
- position on kho kho playground

The judgment of direction: How fast and attentive you are to know which direction you have to run. Next is Getting up from square: should be very responsive to your teammate Team Coordination: very fast + grasped of kho given by team members and realizing if the signal was early kho, late kho, false kho, hurry kho or it's a simple kho

A Short Description

• Giving Kho and Chasing the runner:

A chaser must say "kho" when he gives signal to sitting chaser so that he can get off from square and start chasing the runner. If he fails to say this word a foul is noted and considered as kho kho rules is not followed.

• Fake kho and Sudden kho:

Fake kho is way to device the attention or disturb the chaser, the chaser pretends that he given kho to his fellow team mates but he is actually chasing the runner.

In sudden kho the chaser gives immediate kho to team mate making it hard for runner to avoid getting caught.

Choosing direction:

Chaser team player must keep his foot out of box with care as his foot will decide which way he will run to chase the runner else a foul will be counted.

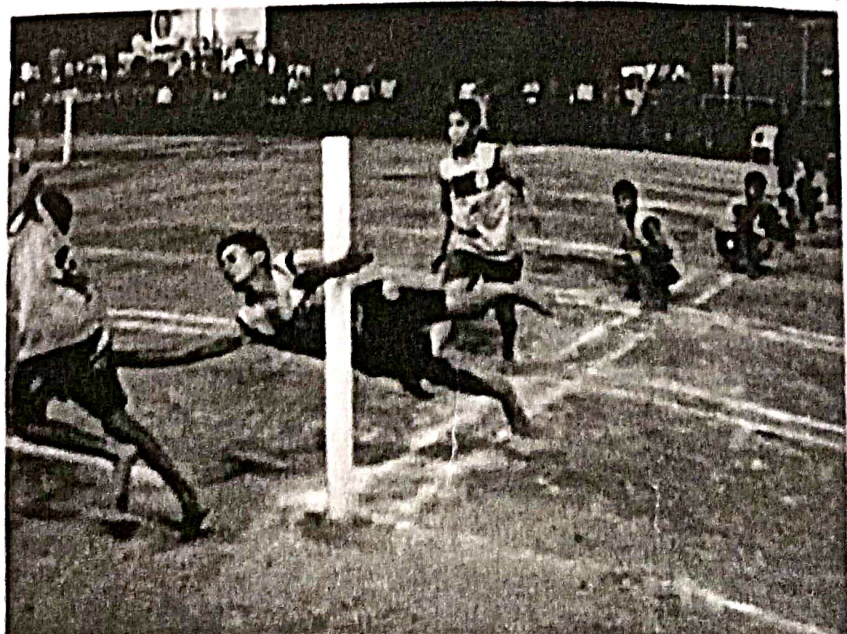
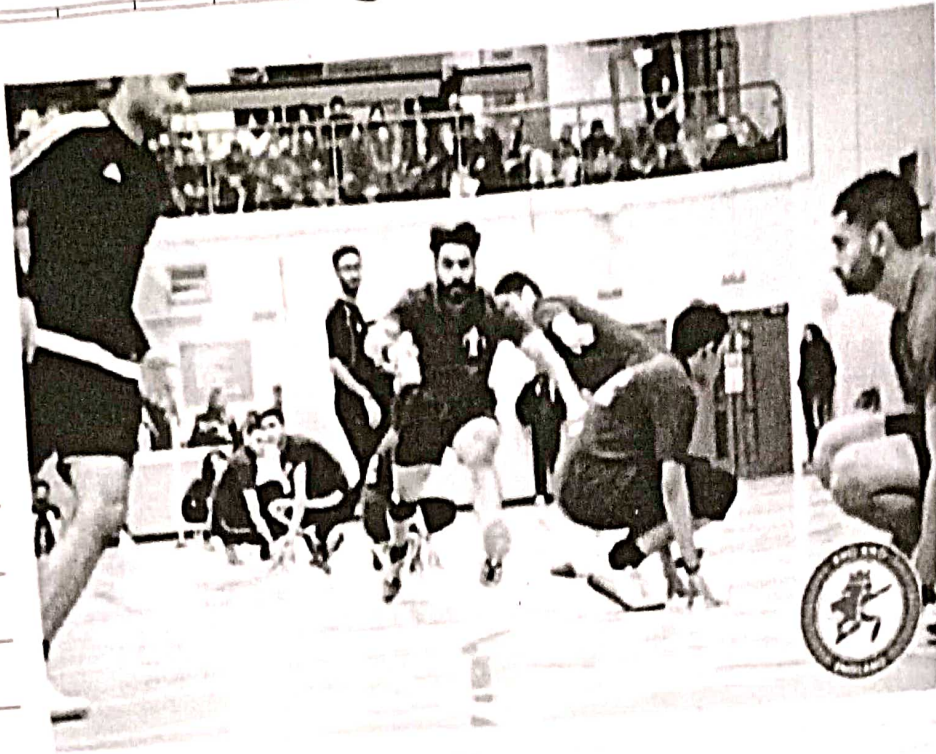
Diving:

This takes lot of training and practice to perform. This is very effective method of touching the chaser and catching him. In this process chaser pounces on active runner to touch him out. One special type of diving is pole diving. In this kind of diving the runner make sure he takes support of wooden poles and diving to touch the runner. For developing above skills players follow some specific kho kho Training techniques.

Images



Images



Tournaments

National Tournaments ♂-

The National Championships for kho-kho is the oldest Domestic kho-kho tournaments in India. The first National kho-kho Championship for men was held at Vijayawada, Andhra Pradesh back in 1960. The tournament follows the league cum knockout format. There are eight zones. Furthermore, top two teams from each group will qualify for the knock-out stages of the tournament. Along with state team, Institution teams like Railways and Airports Authority of India also vie for the top honours. While, Indian Railways won the 51st edition of the Senior National kho-kho championships for men held in Kolhapur, Maharashtra in October 2017.

National women championship ♀-

The National championships for kho-kho is the oldest Domestic kho-kho championship for women was held at Kolhapur, Maharashtra back in 1961. Unlike the men, this championship happens at only one category - Senior. Various Institution teams like Railways, Airports Authority of India also

Come to the tournament to battle various state teams. The host team, Maharashtra won the 50th edition of the senior National kho-kho Championships for women held in Kolhapur, Maharashtra in October 2017.

School Championships. ☺
With the popularity of other sports increasing day by day. The kho-kho Federation of India (KKFI), realized it needs to promote the sport of kho-kho from school levels itself. It soon started many school level championships.

These championships focus on searching and recognizing hidden talents at various age ranges. Alongside them is the prestige of the event. U-14, U-17 and U-19 for both Boys and Girls. The tournament runs a league-cum-knockout format, with the first four rank pools decided on the previous edition of the tournament.

All India Inter University kho-kho Tournament. ☺
The All India Inter University tournament is one of the major sporting events for university students in India. The tournament happens in 2 stages. During the first stage universities compete against each other in their respective zones.