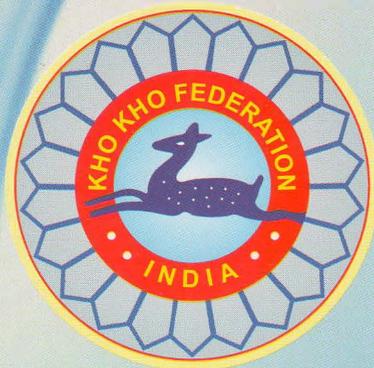


# KHO KHO FEDERATION OF INDIA

# भारतीय खो खो संघ

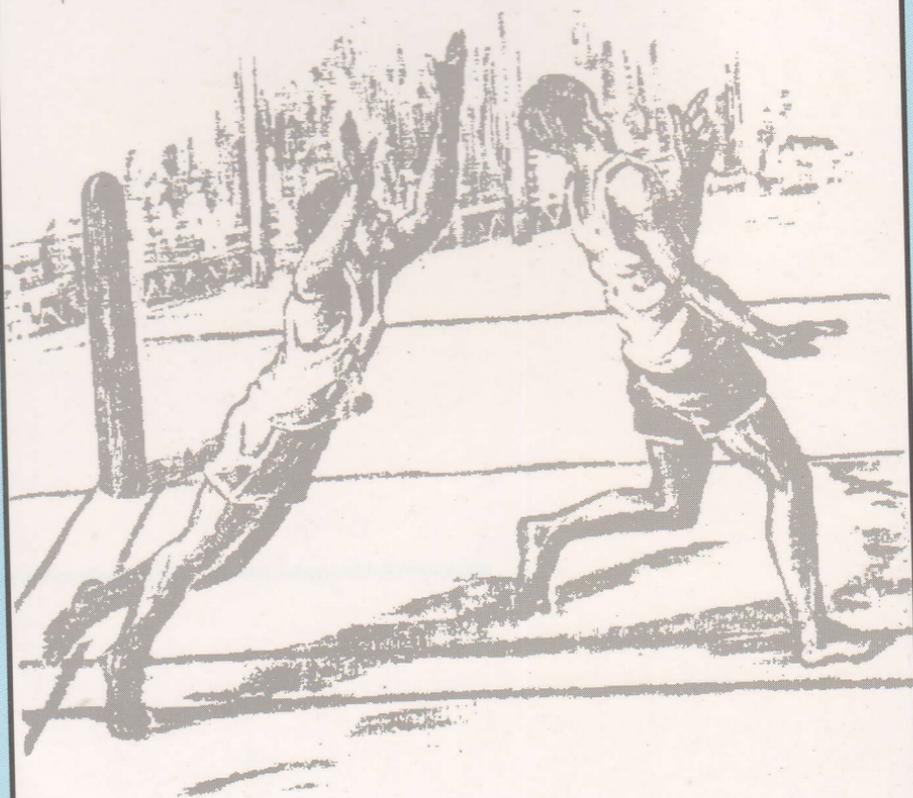


## KHO KHO RULES

Revised Edition - 2013

# KHO-KHO

GAME OF CHASE



ਗਰੀਵ ਮਾਮਰ

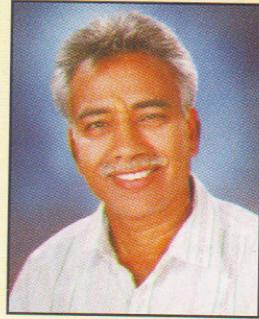
# KHO KHO FEDERATION OF INDIA

## भारतीय खो खो संघ



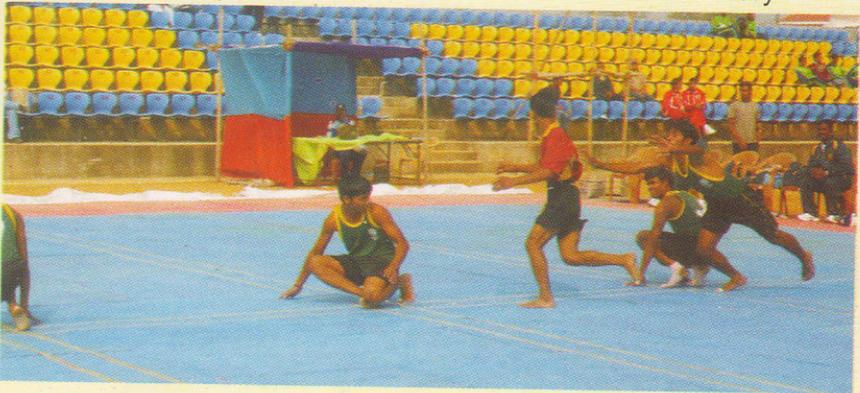
**RAJEEV MEHTA**

President



**SURESH SHARMA**

General Secretary



**BHUPINDER S. TIRTHI**

Chairman,  
Referee's Board



**M.S. TYAGI**

Chairman,  
Technical Committee

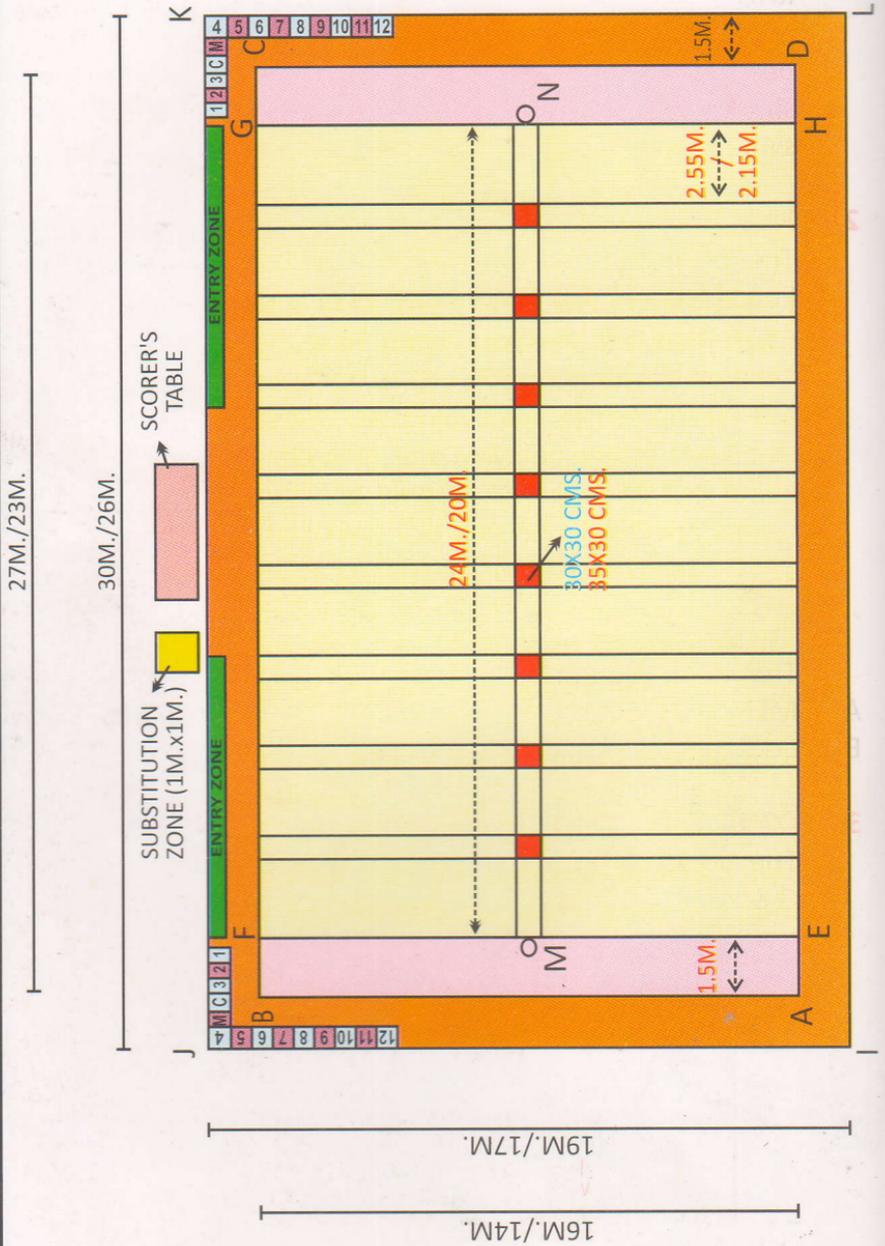


## CONTENTS

S.No.	TOPIC	Page No.
01.	Preface	: 02
02.	The Game	: 03
03.	Ground (Part - I)	: 04
04.	Definition (Part - II)	: 05
05.	Rules of the Game (Part - III)	: 14
06.	Rules about Matches (Part - IV)	: 23
07.	Officials for the Management of the Match Authority, Duties and Rights (Part - V)	: 29
08.	Rules about Players/Managers/Coaches (Part - VI)	: 33
09.	Playing Equipments for a Match (Part - VII)	: 36
10.	Scoring in Kho Kho (Part - VIII)	: 37
11.	Signs in Kho Kho (Part - IX)	: 40
12.	Fixture (Part - X)	: 41
13.	Score Sheet	: 42

# PART I

## Lay out of Kho Kho Ground with all Measurements



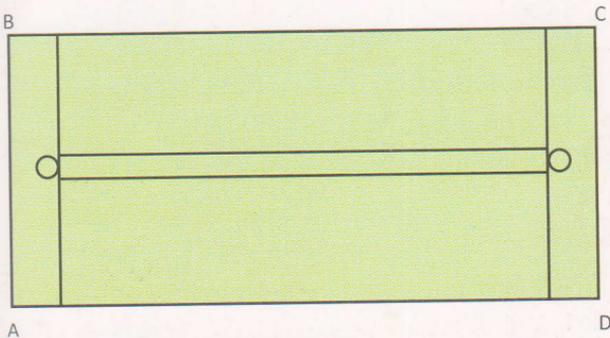
## PART II DEFINITION

### 1. GROUND

KHO - KHO ground is rectangular in shape and to be made either in outdoor or indoor. In outdoor, it should be made on a leveled clay surface and in indoor, it should be made on a wooden surface/synthetic surface/synthetic mat as prescribed.

### 2. FIELD

The playing area of KHO-KHO formed by the meeting of End Lines and Side Lines at A, B, C & D is known as FIELD.

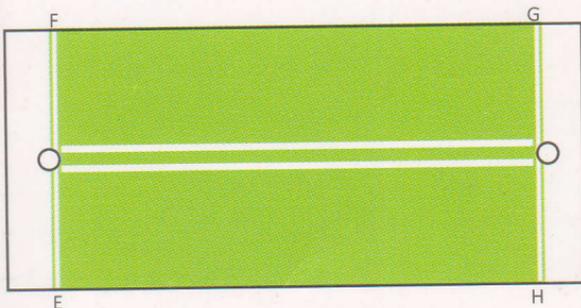


The measurement of FIELD for

- A. MEN/WOMEN & JUNIOR BOYS/GIRLS - 27X16 Meters.
- B. SUB-JUNIOR BOYS/GIRLS - 23X14 Meters.

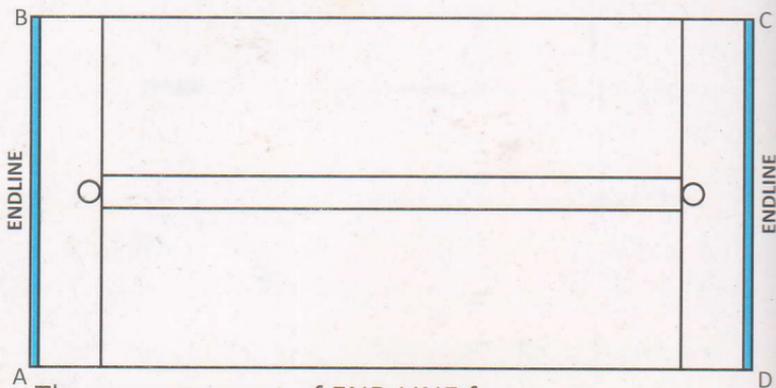
### 3. COURT

The area between the Post Lines formed by points E, F, G & H is known as COURT.



#### 4. END LINE

The lines AB and CD running parallel to each other and equal to the width of the KHO-KHO Field are known as END LINES.

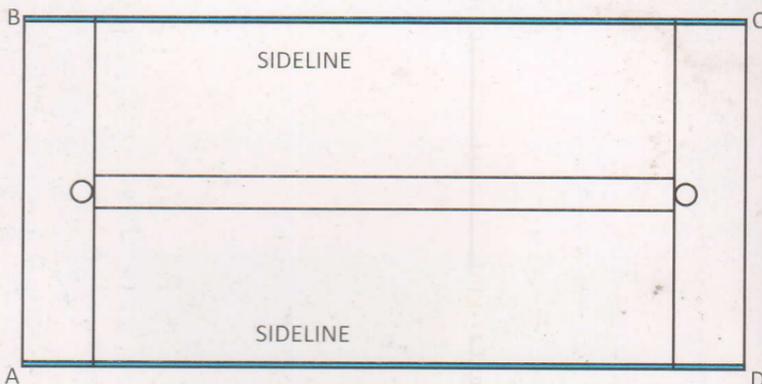


The measurement of END LINE for

- A. MEN/WOMEN & JUNIOR BOYS/GIRLS - 16 Meters.
- B. SUB-JUNIOR BOYS/GIRLS - 14 Meters.

#### 5. SIDE LINE

The lines AD and BC running parallel to each other and equal to the length of KHO-KHO Field are known as SIDE LINES.



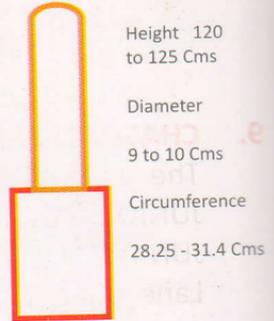
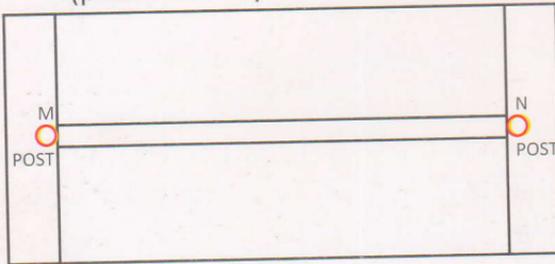
The Measurement of SIDE LINE for

- A. MEN/WOMEN & JUNIOR BOYS/GIRLS - 27 Meters.
- B. SUB-JUNIOR BOYS/GIRLS - 23 Meters.



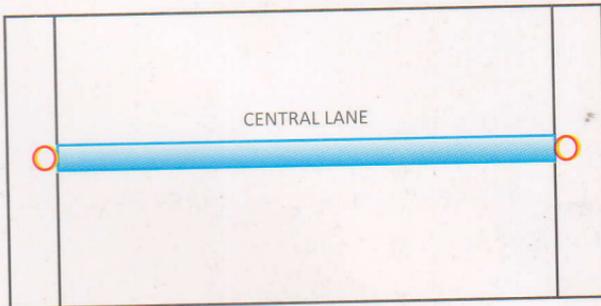
## 6. POST

The strong wooden or fiber post (as rigid as wooden or fibre post), smooth all over & 120 to 125 cms. above and perpendicular to the Ground, fixed firmly in the Free Zone at tangent (right angle) to the Post Lines at M & N is known as POST. 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 & touching the Post Line. Their diameter shall be uniform throughout and shall measure between 9-10 cms. The Post shall not be tapered. Top of the Post shall be free from any sharp edges. The Post shall be painted by any colour (preferably white color).



## 7. CENTRAL LANE

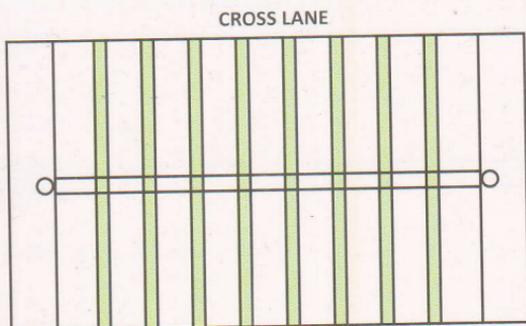
CENTRAL LANE is a rectangle in between two Posts measuring 30 cms. width and length equivalent to the length of the Court, which divides the Court in to two equal halves.



- The length of the CENTRAL LANE for
- MEN/WOMEN & JUNIOR BOYS/GIRLS - 24 Meters.
  - SUB-JUNIOR BOYS/GIRLS - 20 Meters.

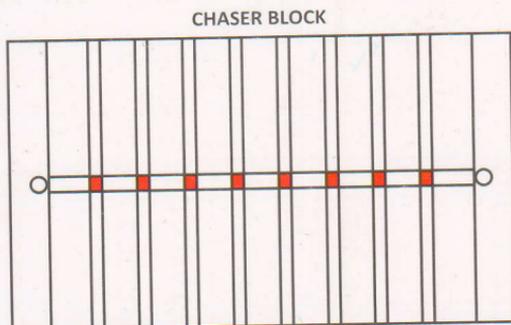
### 8. CROSS LANE

Each of the rectangles, measuring 35 cms. in width for MEN/WOMEN & JUNIOR BOYS/GIRLS and 30 cms. for SUB-JUNIOR BOYS/GIRLS and equivalent to the width of the Court intersects the Central Lane at right angle is known as a CROSS LANE.



### 9. CHASER BLOCK

The area of 35 cms. X 30 cms. for MEN/WOMEN & JUNIOR BOYS/GIRLS and 30 cms. X 30 cms. for SUB-JUNIOR BOYS/GIRLS formed by intersection of Central Lane and Cross Lane is known as CHASER BLOCK.



The distance between two adjacent CHASER BLOCK for

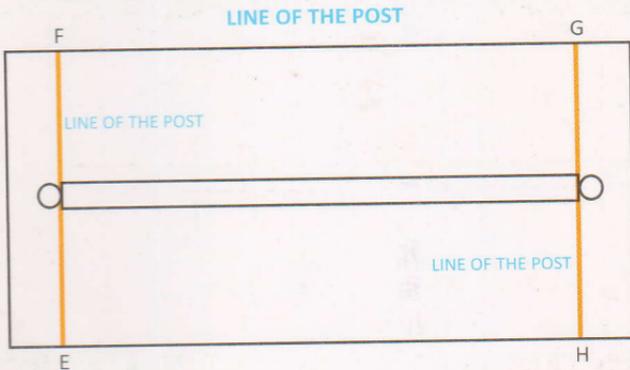
- A. MEN/WOMEN & JUNIOR BOYS/GIRLS - 230 cms.
- B. SUB-JUNIOR BOYS/GIRLS - 190 cms.

The distance between Post Line and First Cross Lane for

- A. MEN/WOMEN & JUNIOR BOYS/GIRLS - 2.55 Meters.
- B. SUB-JUNIOR BOYS/GIRLS - 2.15 Meters.

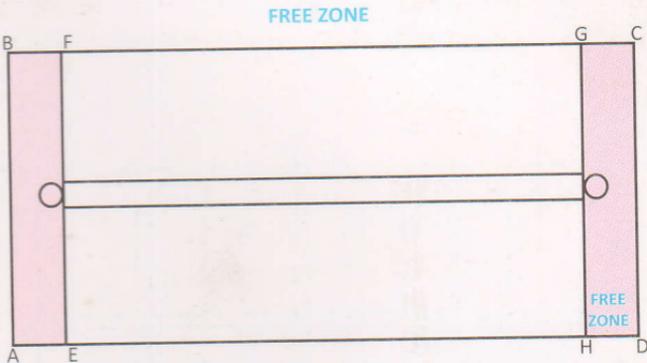
## 10. LINE OF THE POST

The lines which are at right angle to the Central Lane and run parallel to the Cross Lane at tangent (right angles) to the Posts are known as LINE OF THE POSTS or the POST LINES (EF & GH).



## 11. FREE ZONE

The portion of the Field from End Line to Post Line on either end of the Court is known as FREE ZONE.

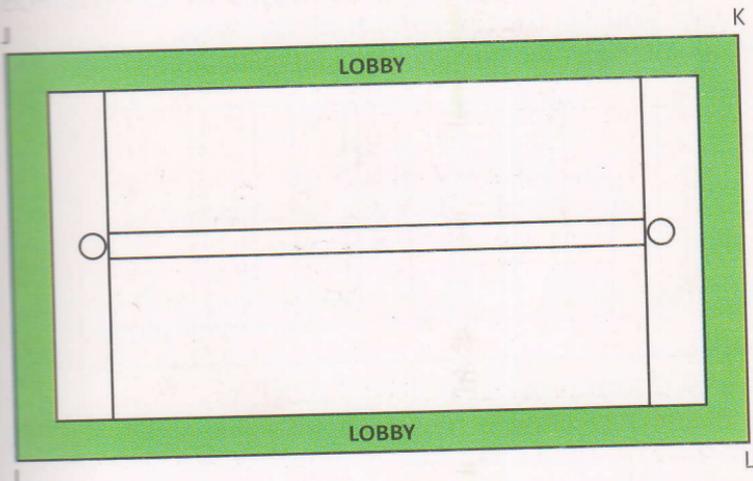


The dimensions of the FREE ZONE for

- MEN/WOMEN & JUNIOR BOYS/GIRLS-1.5 M. X 16 M.
- SUB-JUNIOR BOYS/GIRLS - 1.5 M. X 14 M.

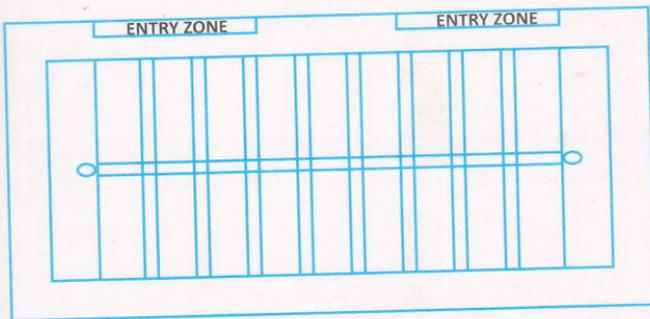
## 12. LOBBY

The area surrounding the Field with a measure of 1.5 meters in width is known as LOBBY.



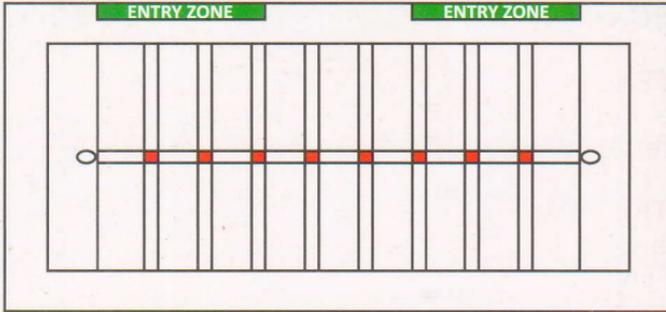
## 13. WIDTH OF THE LINES

Width of each line should not less than 2 cms. and not more than 4 cms. including all the measurements.



#### 14. ENTRY ZONE

The area marked in the Lobby away from the Side Line on both side of the Scorer's Table measuring 50 cms. in width and from Post Line to Third Cross Lane in length is known as ENTRY ZONE. It is meant for the Runners to take entry in the Court for their Defense.

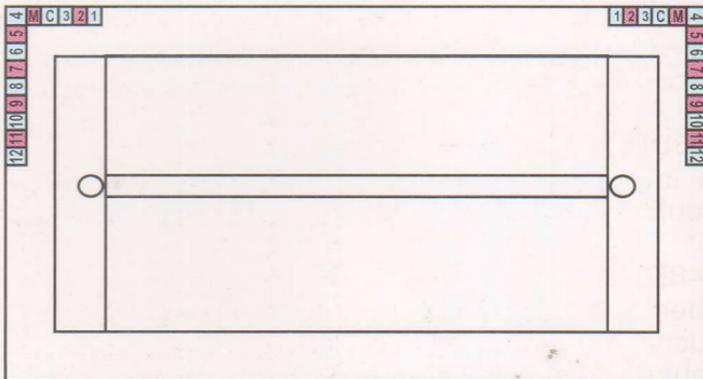


The dimensions of the ENTRY ZONE for

- A. MEN/WOMEN & JUNIOR BOYS/GIRLS - 8.20 M. X 0.5 M.
- B. SUB-JUNIOR BOYS/GIRLS - 6.85 M. X 0.5 M.

#### 15. TEAMS BLOCK ( A/B )

Area earmarked for Players, Coach and Manager on either side of the Field and adjacent to the End Lines is known as TEAMS BLOCK ( A/B ). Chairs/Benches should be arranged for Players, Coach & Manager as specified in the diagram.



#### 16. CHASER

The players of the side who pursue the opponents and occupy the Chaser Block are known as CHASERS.

**17. ATTACKER**

A player who pursues the player/s of the opposite side i.e. Defender/s with a view to tap and touch them is known as ATTACKER.

**18. RUNNER**

The player of the side other than the Chaser are known as RUNNERS.

**19. DEFENDER**

The Runner who are inside the Field for his turn of Defense is known as DEFENDER.

**20. ACTIVE DEFENDER**

One who is actively being chased is known as ACTIVE DEFENDER.

**21. TO GIVE KHO**

To give KHO, an Attacker should touch the Chaser by his hand from behind him in between imaginary shoulder line & waist line and then utter the word "KHO" loudly and distinctly. Giving KHO is a process of an Attacker becoming a Chaser and Chaser becoming an Attacker.

**22. FOUL**

If an Attacker or Chaser violets any Rule is known as FOUL.

**23. TO TAKE A DIRECTION**

When an Attacker goes from one Post Line to another Post Line or after getting KHO, if he goes towards a particular Post Line, he is said to have taken a direction.

**24. SHOULDER LINE**

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

**25. TO RECEDE**

When an Attacker while going in a particular direction touches the ground which he had already covered (the ground covered will always refer to area covered by rear foot in opposite direction), he is said to have receded. But, if an Attacker executing Post Dive, the grounded foot of an Attacker if recedes it will not be considered as Foul.

## **26. TO LEAVE THE FREE ZONE**

When an Attacker loses contact of his feet with the Free Zone and comes in contact with the Court by his feet, he is said to have left the Free Zone. But while attacking towards Side Line, Attacker should maintain/follow the Rules & Regulations of taking direction and receding. However, he may use the Free Zone.

## **27. TO REACH THE FREE ZONE**

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

## **28. OUT OF FIELD**

If a Defender loses contact of his feet with the Field and goes out, he is said to have gone OUT OF FIELD.

## **29. ENTRY**

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 feet.

## **30. AGE GROUP**

Following age group and criteria is fixed for classification of JUNIOR and SUB-JUNIOR category.

- A. JUNIOR BOYS/GIRLS : Age below 18 yrs. as on or before last day of the Tournament. INDEX : 250
- B. SUB- JUNIOR BOYS/GIRLS : Age below 14 yrs. as on or before last day of the Tournament. INDEX : 215
- C. Age Proof : Date of Birth Certificate in original issued by competent Authority/Board Examination Mark Sheet/Admit Card/Certificate shall be produced.

**INDEX FORMULA** : Height in cm. + Weight in Kg. + Completed Age in Years.

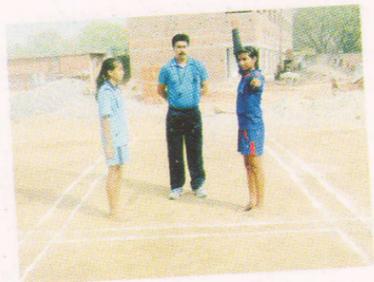
## PART III

# RULES OF THE GAME

1. Play Field shall be marked as shown in Part I.
2. Referee shall call both the captains for the spin of the coin (Toss). He shall stand at the centre of the Court facing the Scoring Table with both the captains on either side. He shall instruct one of them to call the choice of the side of the coin. He shall then spin the coin and declare the winner of the toss. The coin shall be sufficiently heavy.



3. The winner of the toss shall raise his arm immediately and indicate by his index finger either to the Central Lane or to the Side Line for opting Chasing or Defense respectively. No captain shall touch or pick up the coin. If any captain does so, Referee shall declare the captain of the other side as winner of the spin of the coin. The captains of both side shall wear a band on their sleeve.



4. Any 8 Chasers shall occupy the Chaser Block facing the Side Line in such a way that no two adjacent Chaser facing the same Side Line. The ninth Chaser (Attacker) shall stand in either of the Free Zones to start the chase. Once Free Zone is opted by an Attacker to start the attack, then he should not be allowed to change the same.



5. After the commencement of a turn, no Chaser shall leave the Chaser Block without getting a KHO or change the face, if he does so, it is a Foul and repetition of the same will amount to misbehavior. Referee/Umpire can compel the Chaser(s) to sit in a manner which was assumed at the commencement of the turn.
6. At the commencement of a turn, the first batch of three Defenders shall be inside the Field and remaining Runners shall occupy the seats meant for them. After a Defender is out, he shall occupy the seat meant for him near the End Line.
7. An Attacker cannot cross the Central Lane between the Post Lines to go to the other half of the Court or to the Free Zone.
8. Foul shall not be declared if an Attacker, while Chasing, touches/crosses that line of the Central Lane which lies on the side of his Chasing half. However, if an Attacker while touching or at the time of touching or as a result of action in putting out the Defender does so, Foul shall be declared and Defender shall not be declared out.

9. If a KHO is given, it shall be given from behind a Chaser by touching the Chaser by hand between an imaginary shoulder line and waist line and uttering the word "KHO" with a sufficiently loud tone so that the Defender and officials can hear. Chaser shall not get up without getting a KHO.



- A. If the action of uttering the word KHO precedes the action of touching by hand, then it shall be deemed as Foul.
- B. Single action of touching will not be deemed as Foul. However, only uttering 'KHO' and not touching a Chaser by hand, will be considered as Foul. If an Attacker touches a Chaser sitting in the Chaser Block nearest to the Post, when the Defender is near the Post, KHO must be given.
- C. If an Attacker utters any word other than the word 'KHO', it will be deemed as Foul. Uttering the word 'KHO' or any word resembling 'KHO' by any of the Chasers will also be treated as Foul.
10. The following three actions of an Attacker where a 'KHO' is given will be allowed. However, the feet of an Attacker shall not go beyond the Cross Lane.

- A. An Attacker's front foot need not necessarily be in touch with Cross Lane.



- B. An Attacker may be in the Cross Lane.



- C. An Attacker's at least one foot should be in touch with the Cross Lane all the time, while the other portion of his body may go beyond that Cross Lane.



- D. After touching a Chaser except nearest to the Post (1st & 8th Chaser) if an Attacker moves away beyond the Cross Lane, he shall be deemed to have continued his attack and he shall not be allowed to utter 'KHO' from the distance.

However, if an Attacker moves along with the Cross Lane toward the Side Line without committing any Foul, he may come back and give 'KHO'.

- E. An Attacker cannot rest or support on a Chaser to put out a Defender. It will be deemed as Foul.



11. An Attacker shall not give a KHO to the extended arm, leg or any part of the body tilted towards him by a Chaser. Touching the back of the Chaser should not be insisted upon.



12. After giving a KHO, an Attacker shall cease to be so and shall sit down immediately on the Chaser Block of the Chaser to whom a KHO was given.
- A. After giving a KHO, it shall not be a Foul, if the Chaser while sitting loses the contact of the Cross Lane.
- B. The natural time needed to sit on the Chaser Block after giving a KHO, must be given. However, this action should not obstruct the Defender, and if obstructed, a Foul shall be declared.

- C. After receiving a KHO, an Attacker can touch a Defender before leaving the Chaser Block.



13. After getting a KHO, the Chaser will immediately be an Attacker and shall move towards the half that he is facing and shall go in the direction which he has taken by going beyond the Cross Lane of the Chaser Block or turning his shoulder line towards any of the Posts. He cannot recede. As long as any part of the foot of an Attacker is touching the ground of a Cross Lane, he is not supposed to go beyond that Cross Lane.
- A. While moving on Cross Lane, if an Attacker at the time of chase, slides/steps back, is not a Foul.
- B. If an Attacker steps back at the time of getting up after a Flat Dive is allowed.
14. An Attacker shall take the direction to which he turns his shoulder line. An 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.
15. During the execution of Post Dive, dragging of supporting leg and turning of the shoulder line more than  $90^{\circ}$  shall not be a Foul, but touching or crossing Central Lane by any

part of the body will be a Foul.



16. An Attacker shall take direction according to the one of the actions, whichever he performs first, mentioned in rule no. 13 above.
17. Once an Attacker has taken a direction, he have to go to 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.
18. The rules about taking the Direction and Receding shall not be applicable in the FREE ZONE.
19. The Chaser/s should sit in a manner which do not obstruct the Defender/s. If a Defender is touched as a result of such an obstruction, Defender shall not be declared out. If Chaser does so, it shall be declared as Foul.



20. The deliberate action of moving/tilting shoulder, thigh or any other part of the body by a Chaser towards a Defender who is running near the Central Lane, which may cause to obstruct or obstructed the Defender, it shall be treated as a Foul and he shall be warned by Referee/Umpire.



21. During a turn an Attacker may go out of Court but he shall follow all the rules about taking Direction and Receding even when he is out of Court.
22. An Attacker shall not be insisted to enter the play Field/ Court through the Free Zone, if he goes beyond the extended imaginary Post Line. Rules about taking Direction and Receding are not applicable even when an Attacker is in the area (towards Free Zone side or behind the Post) of imaginary extended Post Line.
23. A Defender cannot touch a Chaser. If he does so, he shall be warned once verbally in a turn. If he repeats the same, he shall be declared out.



24. 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 whistle.

- A. Deliberately pushing, catching, pulling even by uniform or hitting the Defender will be treated as misbehavior.
  - B. While Chasing a Defender, if an Attacker after violating any rule, pushes a Defender out of the Field, the Defender shall not be declared out.
25. If a Defender is put out as a result of a Foul or a Foul is committed immediately as a result of the action taken\* while putting a Defender out, he shall not be declared out . The protection from being out due to a Foul is applicable to a Active Defender.

\*as result of action taken implies that there should not be time lapse between Foul and action.

26. If an Attacker/Chaser violets any rules, the Referee/ Umpire shall declare a Foul by blowing a short whistle continuously and shall immediately compel an Attacker to go in the direction opposite to that of which he is going. Immediately on hearing a signal given by the Referee/Umpire by his whistle, an Attacker shall go to the direction indicated by the Referee/Umpire and if the Active Defender, thereby becomes out, he shall not be declared out and an Attacker shall have to follow the direction indicated by the Referee/Umpire. He is not compel to give a KHO.
27. If a Foul committed either by an 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 declares as Foul. The Foul shall be ignored.
28. An Attacker cannot change his Direction by simply kicking the Post by his leg. If he does so, it will be declared as Foul.

## PART IV RULES ABOUT MATCHES

1. A team consist of 12 Players, one Coach, one Manager and other Supporting Staff. 9 Players will take the Field in the beginning to start the match.
2. An Inning will consist of Chasing and Defense turns which shall be of 9 minutes each for Men/Women & Junior Boys/Girls. It shall be of 7 minutes for Sub-Junior Boys/Girls. Each match will consist of two Innings. There shall be an interval of 6 minutes after an Inning and 3 minutes break between two turns for Men/Women & Junior Boys/Girls and for Sub-Junior Boys/Girls the same shall be 5 minutes and 3 minutes respectively.
3. The Captain/Coach shall give record of name of the players with Uniform number at the beginning of the match to Scorer - 1. At the beginning of the turn 3 Runners shall enter in the Court in a batch of three for their Defense. Subsequently next 3 Runners shall enter the Court through their Entry Zone only. When third/last Defender of a batch is declared out, next 3 Runners shall be inside the Court before two KHOS are given. Those Runners who fail to enter within the time lapse of two KHOS, shall be declared out for having entered late (Late Entry).
  - A. The Runners shall continue to enter the Court for Defense in the same batch till the end of the turn. The order of batch shall not be changed during a turn. If a Defender is declared out by showing RED CARD by the Referee, a substitute is allowed to Defending side and the substituted player shall enter with the same batch, if they are have to come inside in the same turn.

- B. The Runners who may enter early shall not be declared out but called back by Referee/Scorer - 2.
- C. An Attacker who put out the last Defender of the batch shall not chase the new batch of Defenders. He shall give KHO, if attacks, it shall be Foul.
- D. After giving a KHO, if any of the Runners enter the Court, Attacker is allowed to chase the Defender. It is not obligatory to give two KHOS to chase a Defender who has already entered.
- E. As soon as the first Defender of a batch is out, next batch of Runners shall occupy the Entry Zone. Each side shall enter its Runners to the Court through their Entry Zone only.
- F. If a Defender is out, he shall return to the Teams Block through the Lobby by going out from the nearest Side Line or End Line.
- G. In a situation when all 3 Runners of a batch have not decided (not entered in the Entry Zone) and have not entered the Field before two correct KHOS are given, Referee have the discretion to decide the batch and declare them out.
- H. If a batch of 3 Defenders is given out as Late Entry, the Referee shall allow the next batch to enter in the Field within 15 Seconds.
- I. The Chasing side shall score one point for each Defender out.

4. The Captain of the Chasing team shall have the option to end the turn before allotted time provided after scoring more than 9 points in the first Inning. In subsequent Innings, there is no such restriction of scoring 9 points to end the turn. He shall inform the Referee about the same by raising his arm and request him to stop the turn. Referee shall stop the turn immediately and the Chasing side shall leave the Chaser Blocks after the Referee has signaled and declare the turn as closed.
5. Defending side can also request the Referee to close the turn of their Defense in the second Inning provided the match is conceded as 'Defeated'. The Referee can allow this, if the difference of points at that time is 9 or more.
6. In the Knock Out matches, the side that scores more points at the end of the match shall be declared 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 this additional Innings. As soon as first point is scored, the turn shall be closed by the Referee. He shall stop his Stop Watch simultaneously. The time for scoring of this first point shall thus be noted. The side that takes less time to score their first point (MINIMUM CHASE) shall be declared as winner of the match. The Referee shall stop the match in the second turn, if the time exceeds more than 30 seconds than the recorded time of the opponents. If needed, this process shall continue till the winner is decided. Time taken to secure first point shall be recorded in the Score Sheet.

In any match after the winning point is scored, Referee shall closed the turn after 30 seconds, if not requested by the Chasing side captain. In the League system, the winner will get 3 Points and the Looser get Zero Point. In case of a tie, both the side will get 1 Point each. If there is a tie in a group league points, the concern teams shall replay the match or matches on Knock Out basis after drawing a lot. In case, it is not possible to conduct match/matches for some unavoidable circumstances, the match / matches can be played on minimum chase basis.

7. If a match is not completed due to any natural means, it shall be continued further at another time, with the same players and same officials as recorded in the Score Sheet, provided it is played in the same session. The scores of the completed turn/turns of each side shall be counted, the match being continued, from the beginning of incomplete turn. 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.

If a match is not completed due to other than natural means, the Jury of Appeal will take appropriate decision.

Time for session is as follows:

**Morning Session** : Start of session in the morning till completion of the match of the first session.

**Afternoon Session**: Start of the next session till the completion of all the matches of the day.

If the matches are scheduled to be played in Flood light, then the density of the flood light should not be less than 250 lux.

8. After the completion of first Inning, if the points of the side, who chased first at the starting of the match, exceeds the points of other side by 6 to 8, then former side shall have the option of asking the latter side to follow on its turn as a Chaser, without forfeiting its own right to take its turn as a Chaser afterwards, in case the other side exceeds its score.
- A. It is mandatory to give follow on, if the difference is more than 8 points. In case of follow on the result will be written as "team won by an Innings".
9. The teams shall leave the ground only after the Referee declares the results of the match.
10. **SUBSTITUTION:**  
Any number of substitutions can be allowed by the Referee on request of team's coach of Chasing side at any time during the match. For Runners, substitution is allowed only before they enter the Field for their Defense.
- A. As soon as Referee / Scorer - 2 announce the T-Shirt/Shirt no. of substitute Chaser, the particular Chaser will become in action and it is mandatory for him to come out of the Field immediately and incoming Chaser will take his place.
- B. If the outgoing player gets KHO, he cannot chase any Defender or give KHO, if he does so, a Foul shall be declared till the substitution is completed.
- C. Substitution will be made through Substitution Zone (1M. x 1M.) only which is at the right side of the Scoring Table.
- D. Substituted Attacker shall not pursue the Defender directly, he shall give KHO first.

11. Due to any unavoidable situation, if any FINAL MATCH of the Tournament / Championship is not completed or conducted, then both teams will be declared as Joint Winner.
- A. To decide for the trophy for the first 6 months, the toss will be taken and the team who won the toss shall get the trophy for the first 6 months as well as shall be considered as winner for the seeding purpose also.
12. Both Semi Final looser teams will be considered as Third Place winner.
- A. For seeding purpose for next National Championship to decide positions (Except 1st & 2nd Position) the minimum chase rule shall be applied.

## PART -V

# OFFICIALS FOR THE MANAGEMENT OF THE MATCH AUTHORITY, DUTY AND RIGHTS

1. The following officials shall be appointed for the management of a match namely ONE REFEREE, TWO UMPIRES, ONE TIME KEEPER and TWO SCORERS.

### 2. REFEREE

The Referee shall perform the following duties:

- A. He shall check the Score Sheet, Ground etc. and take the toss before starting the match (as explained in the Rules of the Game). He shall help the Umpires to perform their duties. In case of any difference of decision between them, he shall give his final decision.
- B. If any player intentionally obstructs the conduct of the play or behaves in an ungentlemanly or mischievous manner or intentionally violets any of the rules, the Referee at his discretion shall penalize the defaulting player/s. The penalty at his discretion shall range according to the default from warning a defaulting player or the entire team to the extent of prohibiting participation in further play of the match.
- C. He shall announce the warning by calling the T-Shirt number of the player (Defender or Chaser) and simultaneously showing a Yellow Card. It shall be recorded by the Scorer-1 by marking "Y" against the T-Shirt number in the warning column.
- D. In a similar way Referee can show a Red Card to a defaulting player/team. This will also be recorded by Scorer-1 by marking 'R' against the T-Shirt number in

Warning column. Such a Chaser/Attacker will be forbidden from further participation in rest of the play and for the next match too. He shall be immediately replaced and asked to leave the arena.

- E. 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 rest of that particular match and for 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.
- F. The Referee shall instruct the Time Keeper to start the turn after checking the readiness of both teams and officials.
- G. He shall synchronize his Stop watch with the Stop watch of the Time Keeper and shall check the time after each turn.
- H. He shall check the scores of the sides at the end of each turn from the Score Sheet and also announce the result of the match by checking the Score Sheet after the completion of the match.
- I. He shall alone keep the time during the additional Inning of Minimum chase.
- J. Referee will communicate and coordinate amongst officials.
- K. He shall be over all responsible for the smooth conduct of a match.

### 3. UMPIRE

The Umpires shall move in the Lobby and shall conduct the game. For any reason, if they enter the Field, then they should come back to the Lobby immediately without obstructing the progress of the match. They shall give decisions by helping each other. Umpire shall declare a Foul and compel Attacker to act up to rules, if Attacker does not follow the rules. If there is any unfair means in the Ground, they will warn the concerned players verbally and show Yellow Card and shall bring it to the Referee's notice for further action, if necessary.

### 4. TIME KEEPER

The Time Keeper shall start the turn by blowing a long whistle followed by a short whistle, after getting the direction from the Referee. The end of the turn shall be declared by him also 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 a time indicator above head so as to display to all concerned.

### 5. SCORER

#### i) Scorer-1 :

He shall note down and check the names and T-Shirt number of the players. He shall record the performance of the players of both the teams. At the end of the match, he shall prepare the Final Scores of the two sides and the result of the match. He shall get the Score Sheet duly signed by all the officials. After completing the Score Sheet, he shall hand it over to the Referee for checking and declaring the result of the match.

## ii) Scorer-2 :

He shall record the order of the Defenders along with their batch. He shall keep a record of the Defenders who are OUT (along with the attacker who puts out) and asked them to sit in the place provided for them. He shall record the process of substitution. The coach should inform him for desired substitution, mentioning the T-Shirt number of player/s being substituted OUT & IN. He shall inform the Referee and Score-1 about the substitution being done. The Runners who may enter early shall not be declared out but called back by Scorer - 2.

6. After the start of a match, if any of the official/s is unable to officiate for any reason, the remaining officials shall manage the officiating till the end of the turn. If the official is unable to resume the work. A new official will replace him.
7. The officials for a match shall be appointed by the competent Authority and shall function under the guidance of the Referee.

## **PART VI**

### **RULES ABOUT PLAYERS/MANAGERS/COACHES**

#### **1. PLAYERS UNIFORM**

- A. Uniform of a KHO-KHO player includes Sports Shoes (free from any metal part anywhere that may cause injury), Short and Vest (half sleeves)/T-Shirt (for Men and Boys) or Shirt/T-Shirt (for Women and Girls). Each player shall be numbered in front and back of his T-Shirt/Shirt in solid color, contrasting with the color of T- Shirt/Shirt.
- B. The number shall be printed/stitched of size 10 cms. in length and 2 cms. in width at front and 20 cms. in length and 2 cms. in width on the back. Contravention of the rule using lesser size will be treated as misbehavior. The numbers shall be printed from 1 to 12. Players of the same side shall neither wear duplicate numbers nor change numbers during a Tournament/Championship (in case the need arises, Referee can allow to change of T-Shirt/Shirt numbers). The manager shall furnish the list of players with T-Shirt numbers to Scorer-1.

#### **2. RIGHT AND DUTIES OF PLAYERS**

- A. All players must know the rules of the game and abide by the rules.
- B. During the game, only captain of the team may address to 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, SUBSTITUTER, COACH AND MANAGER**

The manager, coach and substitutes shall sit in the place provided for them.

The following act are punishable :

- A. Persistent addressing to officials concerning their decisions.
- B. Making derogatory remarks to officials.
- C. Committing actions tending to influence decisions of officials.
- D. Making derogatory acts or personal remarks to the opponents.
- E. Making derogatory acts or personal remarks to the spectators.
- F. Deliberate coaching during the game from outside the Ground.
- G. Leaving the Play Field without permission of the Referee during the match and before the declaration of the result.
- H. Referee shall take action according to the gravity of their offence.

#### 4. **PENALTIES**

- A. For a minor offence, such as argument with the opponents, spectators or officials and shouting etc. - a verbal warning shall be given by the Referee. In case of repetition of the offence, a warning shall be given by showing a Yellow Card.
- B. For a serious offence, the Referee may disqualify the concerned players/manager/coach for rest of the match by showing a Red Card.

- C. If a player is shown Yellow Card twice in a match, he shall be forbidden from the participation of rest of the match and for the next match also of that particular tournament. If he is shown Yellow Card in two different matches in a particular tournament, he shall be forbidden from the participation for the next match of that particular tournament.
- D. If a player is shown Red Card in a match, he shall be forbidden from participation for the rest of the match and for the next match also of that particular tournament.

As mentioned in the rule no. 3 and 4 of Part VI, the action (Warning/Punishing) shall be taken by Referee/Umpires only. The Referee shall report the matter in writing to the Technical Committee, if necessary.

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

## PART VII

### IMPLEMENTS / PLAYING EQUIPMENTS REQUIRED FOR CONDUCT OF A MATCH

1. Two Posts for one Ground.
2. Steel Strings/Ropes.
3. Measuring Tape (Steel) in mtr./cms.
4. Stop Watches (Two on each Ground) calibrated in Seconds.
5. Two Rings having inner diameter of 9 Cms. and 10 Cms. respectively.
6. Score Sheet and Performance chart.
7. Time indicating Boards/Placards 1-8 (To indicate time elapsed in a turn), measuring 20 cms. in length and 4 cms. in width.
8. Red and Yellow Cards.
9. Marking Powder (Lime Powder) and materials required for Ground marking.
10. Tables & Chairs for the officials and players, coach and manager.
11. Blue and Red band for Captains.
12. Blue/Red/Green band for officials (Referee, Umpires, Time Keeper, Scorer-1 and Scorer-2).
13. Number plates 1 to 12 (two sets) of number size 20 cms. x 4 cms.
14. Whistle - 4 to 6.

## PART – VIII SCORING IN KHO KHO

The following columns should be filled before the start of the match.

S. No.	HEADS
1.	Name of the Tournament
2.	Venue
3.	Date
4.	Time
5.	Court No.
6.	Match No.
7.	League/Knock out
8.	Session
9.	Section
10.	Group
11.	Name of the Teams
12.	Name of the Players, Coaches and Managers of both teams
13.	Name of the officials

While filling the name of the players, the Scorer-1 will record the captains by writing the word "CAP" against the name of the captains. The Scorer-1 will also encircle the T-Shirt/Shirt number of the substitute players.

After the toss the Scorer-1 will record the result of the toss and also the choice taken. The T-Shirt/Shirt numbers of the batches of the Defending team shall be recorded in the columns provided for that team. These numbers should be written in ascending order in that particular column.

### **DURING THE MATCH :**

When a Defender becomes out Five columns have to be filled in namely the T-Shirt/Shirt number of the Defender who is out, T-Shirt/Shirt number of the Attacker who scored the point, the actual running time, the personal timing of the Defender and how the Defender become out (symbol).

For all successive outs the same Five columns should be filled in, however the personal timing of the Defender will be the difference between the running time and the time at which the last Defender was out.

For Sudden Attack personal timing column need not to be filled in. In cases where Sudden Attack outs are made the personal time of the next Defender will be the difference between the running time and the time at which the Defender who was out before the Sudden Attack.

### EXAMPLE :

- A. Running time at which one Defender is out - 6 minutes.
- B. Running time at which Sudden Attack took place - 6.30 minutes.
- C. Running time at which the next Defender is out-7 minutes.

Actual personal timing of the last Defender (C - A)  
= (7 mins. - 6 mins.) = 1 minute.

The Defenders who are outs as Late Entry will also not have their personal timing.

In case where Defenders are outs without being touched by an Attacker, the column indicating an Attacker who made the out will not be filled in, but the way in which the Defender was out will be recorded in the column "SYMBOLS".

After the completion of every turn, the close of the turn will be indicated by drawing a outline/encircle to the column of the last Active Defender who remains not out. In that column the T-Shirt/Shirt number of the Active Defender will be filled in and his running time will be the difference between Nine minutes/Seven minutes and the time at which the last Defender was out.

After the closer of the turn the Points scored in that turn by the chasing team should be recorded in the relevant column.

### **DEFENSE TURN COLUMN :**

The personal time of the Defender who had participated in that turn should be filled in. If the same Defender entered twice adjacent column against his name should be filled in. While entering the personal time of the Active Defender who remains not out, his timing should be encircled.

### **CHASE TURN COLUMN :**

In this column the number of outs taken by a Chaser is indicated against his name in each turn. The columns Late Entry, Out of Field, Retired and Warning should be filled in after completion of the each turn (if required). When a warning is given, it is recorded in the Score Sheet against the name of the player in column - Warning.

### **SUBSTITUTE COLUMN :**

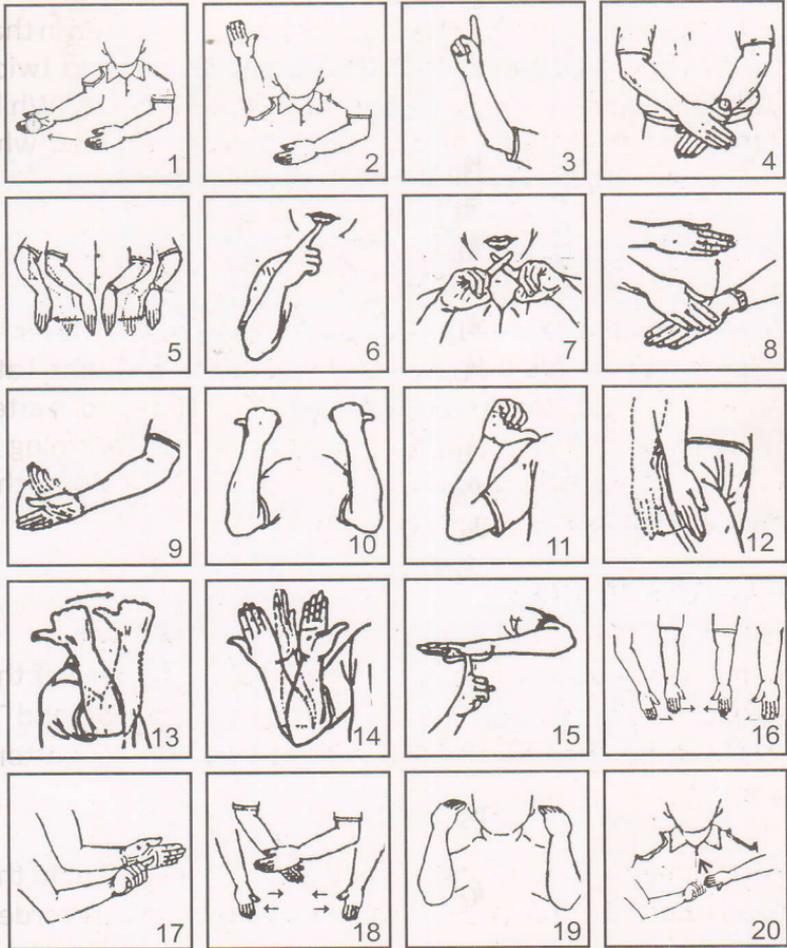
When a substitution is made the T-Shirt/Shirt number of the outgoing player should be written in the top triangle and T-Shirt/Shirt number of the incoming player in the bottom triangle.

After the match Grand Total of the Points are recorded. In the bottom most column, name of the winning team is recorded with Points difference/time left/conceded.

Remarks if any should be recorded, after that the Scorer-1 will affix his signature and obtain the signatures of the Time Keeper, Umpires, Scorer-2 on the Score Sheet and then hand it over to the Referee for verification.

The Referee after scrutinizing the Score Sheet and affixing his signature will hand over the Score Sheet to the Referee's Board after declaring the result.

## PART-IX SIGNS IN KHO-KHO



- 1) Starting the turn. 2) Closing the turn. 3) Out. 4) Crossing the Central Lane by the Attacker. 5) Uttering 'Kho' before touching the chaser. 6) improper uttering of 'Kho'. 7) 'Kho' or other similar word uttered by Chaser. 8) 'Kho' not given after touching the Chaser nearest to the Post. 9) Getting up early. 10) Indicate proper direction. 11) Shoulder Line foul. 12) Going beyond Cross Lane. 13) Receding. 14) Change the direction. 15) Closing turn before scheduled time. 16) For not sitting in the Chaser Block/improper sitting by a Chaser. 17) Obstruction to a Defender by the Chaser. 18) Defender is not out. 19) Defender Going out of field/Retired. 20) Indication for defender touching sitting chasers.





**Special Thanks to**

**President : Sh. Rajeev Mehta**

**General Secretary : Sh. Suresh Sharma**

**Treasurer : Sh. Mahesh D. Medhekar**

**Referee Board, Technical Committee & Other Office Bearers  
and Members of the Federation & State Associations  
for their kind support & motivation**

**The following Members helped to review  
this Kho Kho Rule Book**

**Sh. Bhupinder Singh Tirthi**

**Sh. Sankar P. Bhaumik**

**Sh. H. V. Nataraj**

**Sh. Sharad Jape**

**Sh. Y. Srinivas Rao**

**Dr. Chandrajit B. Jadhav**

**Sh. Sachin Godbole**

**Sh. Veerinder Pratap**

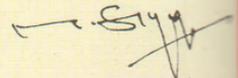
**Sh. Jitender S. Tyagi**

**Sh. Rajinder S. Bisht**

**Sh. Sumit Bhatia**

**Sh. Sanjeev Kumar**

**Sh. Selvaraj**



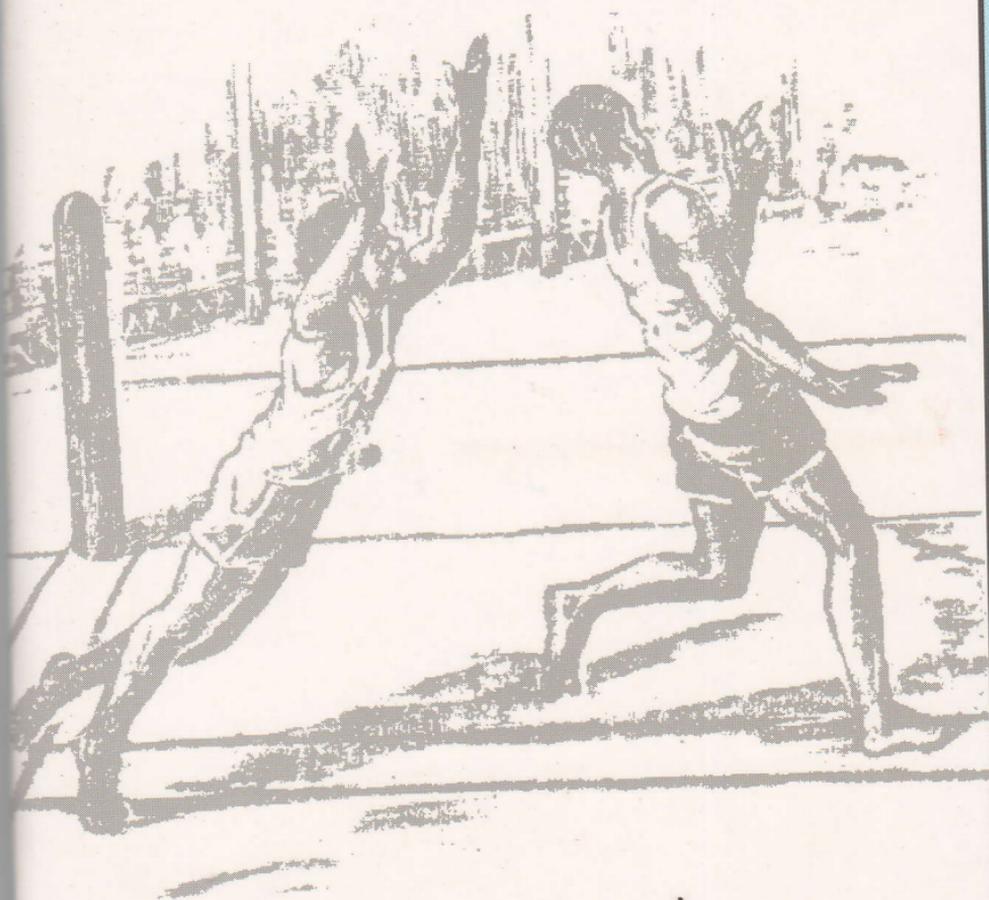
**M. S. TYAGI**

(Chairman, Tech. Committee)

Ph.: 09891066120, 08860489711

# KHO-KHO

GAME OF CHASE



## ATTENTION

The Rules are a property of the Kho Kho Federation of India and shall not be printed, reproduced, translated etc. in part or whole without the explicit permission of the Kho Kho Federation of India. Any one, who wishes to do so should write to the Kho Kho Federation of India for prior permission.

**KHO KHO FEDERATION OF INDIA**

[www.khokhofederation.com](http://www.khokhofederation.com)

Email : [kkfi@khokhofederation.com](mailto:kkfi@khokhofederation.com)

: [suresh.kkfi@gmail.com](mailto:suresh.kkfi@gmail.com)

**Price : Rs. 100/-**