

Kho kho

Characteristics	
Team members	12 players per side. 9 in the field

Players	12 or more (9 in the field)
Age range	4 and up
Setup time	1 minute
Playing time	5 or 7 or 9 minutes
Random chance	Low
Skills required	Running, Reflexes, Observation

Kho Kho is an Indian sport played by teams of twelve players who try to avoid being touched by members of the opposing team, only 9 players of the team enter the field. Kho Kho and Kabaddi, in spite of popular misconception, are not the same.

In Kho-Kho, one team sits or kneels in the middle of the court, in a row, with alternate members in the row facing opposite directions. The other team may send two or three members in the court. The motive for the sitting team is to try to "tag" the opponents. The chasers can only run in one direction and cannot cut across the sitters (unlike the dodgers who can run randomly and in between the sitters). They have to run round the entire row to reach the other side. The other option is to pass the chasing job to another sitter whose back is facing you as you are running. The chaser touches the sitter he wants (usually nearest to the target) and shouts "kho" to signify the change of guard. The objective is to tag all the opponents in the shortest time possible. If the other team takes longer, the former team wins.

Field

The Kho- Kho playground is rectangular. It is 29 meters in length and 16 meters in breadth. There are two rectangles at the end. One side of the rectangle is 16 meter and the other side is 2.75 meters. In the middle of these two rectangles, there shall be two wooden poles. The central lane is 23.50 meters long and 30 cm X 30 cm on the lane. There are eight cross lanes which lie across the small squares and each of it is 16 meters in length and 30 cm in breadth, at right angles to the central lane and divided equally into two parts of 7.30m each by central lane. At the end of central lane, two posts shall be fixed. They shall be 120 cm above the ground and their circumference shall be not less than 30 cm and not more than 40 cm. The post shall be made of wooden poles which are smooth all over. The posts shall be fixed firmly in the free zone tangent to the post-line at a height between 120 to 125 cm. The top of the post shall be flat and free from any sharp edges.

Equipment

The equipment used in Kho- Kho are posts, strings, measuring tape (metallic), lime powder, wire nails, two watches, two types of rings having inner circumference of 30 cm and 40 cm, score sheets, and some stationery to write results etc.

Cultural references

Aaja Nachle an Indian film, the entry of Konkana Sen Sharma is shown playing kho-kho. It is also shown in *Hum dil de chuke sanam*, an Indian film from Salman Khan and Aishwarya Rai.

External links

- <http://library.thinkquest.org/11372/data/kho-kho1.htm>
- <http://mkkasso.com/Technical.htm>

Article Sources and Contributors

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