

**Course Name: Bachelor of Physical Education**

**Year: Ist**

**Paper Name: Skill and Prowess**

**Paper No.: I (Part-B 1)**

**Topic No. A (3)**

**Topic Name: Kho Kho**

**Lecture No.: 29**

## **Lecture Name: Kho-Kho - I**

### **Academic Script**

#### **Introduction**

Welcome to the energetic and dynamic world of Physical education. Friends today I am going to talk about our ancient game Kho Kho which goes back a long way. It is generally played among all age groups.

**Let us go back to the history of kho kho.how it originated and developed.**This game was first started in the state of Maharashtra. The game has been very popular in the Marathi speaking people. This game, for many years, was played in an informal ways! The Deccan Gymkhana club of Poona tried to formalize the game and make it a popular game The first edition of the rules, of Aryapatya Kho-Kho and Hu-Tu-Tu, was published in 1935, by the newly founded Akhil Maharashtra Shareerika Shikshan Mandal. In order to suite the playing condition some amendments have been made.

One of the main points of a flourishing animal life is "Active Chase" which is a fundamental principle of the Indian game called Kho Kho, synonymous with the phrase "Game of Chase". It will not be a mistake to say that Kho Kho was a recognized sport in the ancient times even earlier to the oldest mythological writings of classics- Mahabharata. The game of chase was then also regarded as legend, as it used in phrasing as "putting Kho to someone's active chase meaning putting an effective block and stopping the progress". The current adaptation of the game was actually an adaptation about the time of World War I in 1914, but at the same time lacked exacting rules and regulation that govern the games in the modern times. There were neither any dimension to the playground nor the poles which demarcate the central line, and the factor was also missing!

The Deccan Gymkhana of Pune so named and opened by the great Indian leader Lokmanya Tilak formulated the first ever rule and regulation, that, in a way, symbolized the rules to follow in the future. The initial stage actually marked the restrain of the playground and yet sadly lacked the poles demarking the central line in the field. Instead, two less talented players were posted squatting at the place and chasers to run around them to return to the midfield.

It helped to capture the imagination of experts and they did not waste much time to realize that the game demanded high degree of quick reflexes, agile movement, good nerve reflexes and tremendous stamina, that all amount to a supreme athlete. The year 1919 saw the game of Kho Kho delimit an oval field with 44 yards long midline and 17 yards width of ellipse!

The 1923-24 saw the foundation of Inter School Sports Organization and Kho Kho was introduced to promote at the grass roots and consequently popularize the sports. To develop expertise and skill in Kho Kho the then prevalent games of Langdi and Atya-Patya were the supporting factor. The latter needs special mention which was well-known because of its scuffle skills of defending.

Akhil Maharashtra Sharirik Shikshan Mandal (Physical Education Institute) was set up in the year 1928 when Dr. Abasahib Natu of Pune, Shri. Mahabal Guruji of Nasik, Shri. Karmarkar Vaidya of Miraj and Dr. Mirajkar of Mumbai spared no efforts to negotiate with Kho-Kho experts and formulated the rules and regulations of the game which differed just a little from the existing rules of the Federation today. Hind Vijay Gymkhana, Baroda and Deccan Gymkhana, Pune had their own codes of rules which were in variance with each other. The experts from around sixty Gymkhanas, in 1933, came together and evolved a joint code of rules under the banner of Akhil Maharashtra Sharirik Shikshan Mandal which was circulated all over and with a few suggestions and alterations. A "new code" was taken on in 1935

Over the years the rules have also undergone a major change. The initial system in 1914 offered 10 points for every opponent getting out and each innings lasted for nine months. It was made to 5 points in 1919 and match lasted for eight minutes. In case the entire team scored out before time, then the chasers were allotted a bonus of 5 points for every spare minute left not played. Further changes took place with the shape of the playing ground as it became rectangular from elliptical. The distance between two poles shortened to 27 yards and the free zone beyond each pole a rectangle 27 yards x 5 yards also known as 'D' zone. The free zone had no barriers for the chaser who could move to any direction irrespective of change of direction.

The first All India Kho-Kho Championships were arranged at Vijay Wada in 1959 - 60 under Kho-Kho Federation of India. The championship was won by the then Mumbai province under the leadership of Rajabhau Jeste who was a champion player, expert commentator and redoubtable coach made in one. 1960-61 featured Women's Championships for the first time. In the year 1982, the game was included as part of Indian Olympic Association and few years later in 1989 saw the game as a 'demonstration' in 'Asian Games' Festival. Some new reforms in the game have taken place that has been incorporated by the Asian Federation. The poles have been put a little close distance at 23.50 meters and the play ground also increased in the width of 16 meters. The duration of the innings will last to nine minutes. The year 1998 saw the first ever International Championship organized in the Indian city of Kolkata. Sponsors, who come from different fields, have also been associated with the game, and Bank of Maharashtra has developed their first ever team of Professional players when others like Indian Railways are about to follow the suit.

### **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. 2.25 Mts. 2.30+30 c.m. 2.30+30 c.m. 2.30+30 c.m. 2.30+30 c.m. 2.50+30 c.m. 2.50 20 Metres 20 c.m. x 14 Metres A B D E

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 1stCross 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.. 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 as 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.

**Conclusion:** So this was all about the history of Kho Kho, from where it started. Later we discussed about the Ground of kho kho, rules related to the ground and how this game is played.

So this is all about kho khos

Thank you have a nice day