

**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.: 30**

### **Lecture Name: Kho-Kho – II**

#### **F.A.Qs**

#### **Q1. How Toss is performed in Kho Kho?**

**Ans-** 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.

#### **Q2. How Kho is to be given to a Chaser?**

**Ans -** 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.

#### **Q- 3 How many players are there in each team?**

**Ans -** Each team 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 .

#### **Q-4 If a Defender is out where shall he return?**

**Ans -** If a Defender is out he shall return to the sitting place through the lobby entering from the nearest of the match.

#### **Q5. What is required for implements?**

**Ans -** Posts, Strings, Measuring tape (steel), Stop watches (two on each ground), 2 Rings having inner diameter of 9 cms & 10 cms, Score-sheet, Performance Count, Time placard 1 to 8, Red & Yellow card.