

Course Name: Bachelor of Physical Education

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Paper No.: I (Part-B 1)

Topic No. A (3)

Topic Name: Kho Kho

Lecture No.: 31

Lecture Name: Kho-Kho - III

Academic Script

Introduction

Hello viewers in the last episode we talked about rules of the game, how it is played, officials duties,

In this episode let us talk about Important Tournaments, sports personalities, fundamental skills in Kho -kho , rules about players / managers/coaches and the implements in the game., awards and books related to kho kho.

Important Tournaments

1. Federation cup
2. Nehru gold cup
3. National kho-kho championship
4. Inter university championship

The brief explanation of some tournaments :

1. National kho-kho championship.:

the first national kho-kho championship for men was held at vijayawada (A.P) in 1960 and for women at kolhapur (Maharashtra) in 1961.

2. Junior National Kho-Kho championship. this championship is held for girls and boys. it is a national level championship.

3. All India Inter- university championship.: this championship is held every year for boys and girls by inter-university sports board.

Sports Personalities

1. Nilima Sarolkar
2. S.R. Janardan
3. D.S Ramchandran
4. Usha Nagarkar
5. Sushma Sarolkar
6. Chander Kant
7. S. Prakash
8. Shobha Narayanan
9. Bhavana Parekh
10. Sudhir Parab
11. Surekha Kulkarni

Fundamental skills in kho-kho

1. chasing skills

- giving kho
- taking direction
- sudden change
- tapping
- turning round the post
- trapping
- diving
- fake kho
- late kho

2. Running skills

- position on the court
- running
- avoiding trapping
- positioning near the post
- dodging
- front dodge

- back dodge
- round the post dodge

Now let us have a brief explanation of the fundamental skills

1. giving kho- a chaser must say the word "Kho" when he is touching the sitting chaser. it is a foul if he does not say this word
2. Taking Direction- after receiving the kho, a chaser should take his first step out of the cross lane with care because that step will decide his direction of move
3. Fake kho- in such kho, the chaser pretends to give kho but actually he follows the runner.
4. Trapping - trapping is touching an active runner by extending an arm. Trapping should be done when the runner is on the post while tapping the body should lean forward and arm should be extended completely.
5. Trapping - for trapping, the active chaser should try to bring two or three runners to one side or towards the post. This situation is called trapping
6. Diving - in this technique, a chaser pounces on an active runner to touch him spontaneously. It requires a lot of courage and practice for being an expert diver.

2. Officials For The Management of Match

OFFICIALS FOR THE MANAGEMENT OF MATCH (AUTHORITY DUTY AND RIGHTS)

The following officials shall be appointed for the management of a match: A Referee, Two Umpires, a Timekeeper and One Scorer.

1. **REFEREE-** The referee shall perform the following duties.

A. He shall check the score sheets, ground etc. and take the toss before starting the match. He shall help the umpires, to perform their duties and shall give his final decision in case of any difference between them.

B. If a player intentionally obstructs the conduct of the play or behaves in an ungentlemanly or mischievous manner or intentionally violates any of the rules, the Referee shall at his discretion penalize the defaulting players. The penalty at his discretion shall range, according to the default from warning a defaulting player or the entire team to participate in further play of the match.

C. He shall announce the warning by calling the chest number of runner or chaser and showing a "Yellow" Card. It shall be recorded by the Scorer-1 by marking the chest number in warning column. He shall announce the forbiddance from the participation in future play in similar way as warning but showing a "Red" Card. This will also be recorded by the Scorer-1 by marking the "F" against the chest number in defence column. Such a player shall be immediately replaced and asked to leave the arena.

Note: 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 that particular match and in 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.

D. He shall synchronize his watch to that of time keeper and shall check the time after each turn.
E. He shall check the scores of the sides at the end of each turn from the score sheet also announce the result of the match.

F. He shall be responsible for the general supervision of the match.

G. He shall alone keep the time during the additional inning of minimum chase.

2 Umpire- The Umpire shall move in the lobby and shall conduct the games. For any reasons, if he enters the field, he shall come back to the lobby immediately without obstructing the progress of the match. He shall give decisions and also help the other Umpire to give correct decisions. The Umpire shall declare a foul and compel the Attacker to act up to the rules, if the latter does not follow the rules. If there is any unfair means in the ground he will warn the concern players verbally and will bring it to the referees' notice for further action if necessary.

3 Time Keeper - The Time Keeper shall start the turn by blowing a long whistle followed by a short after getting direction from the Referee. The end of the turn shall be declared by him 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 an indicator. Note: Referee/Umpire/Time Keeper, should exhibit.

4 Scorer Scorer-1 shall note down and check the names and numbers of the players, shall record the performance of the players. At the end of the match he shall prepare the scores of the two sides and the Result of the match. He shall get the score sheets duly signed by all officials. After completing the score sheet he shall hand over to the Referee for checking and declaration of the result. Scorer-2 shall record the order of the Defenders. He shall keep a record of the Defenders who are out and make them sit in the place provided for them. He shall execute the process of substitution and shall note down with scorer.

1 After the start of the match, if any of the officials is unable to officiate, the remaining officials shall manage the officiating till the end of the turn. If the official is unable to resume the work, he shall be replaced by a new official.

2 The officials of the match shall be appointed by the competent authority and shall function under the guidance of Referee.

3. Rules About Players/Managers/Coaches

1 Players Uniform- Uniform of a Kho-Kho player shall include spots/canvas shoes (free from any metal part anywhere that may cause injury) short and vest (half sleeves) or "T-shirt" for men and Boys: shirt or "T-shirt" for women and girls. Each player shall be numbered in front and back of his "T" shirt/shirts with number of solid color contrasting with the color of "T" shirt. The number shall be printed/ stitched of size 10 cms. High and 2 cms. Wide on the back

(contravention) on the lesser size will be treated as misbehavior. The numbers shall be printed to 1 to 15. Players of the same side shall neither wear duplicate a tournament/championship. (In case the need arises. Referees will allow change of chest numbers). Manager shall furnish scorer- 1 the list of players and chest numbers.

2 Rights & Duties of Players - A. All players must know the rules of the game and abide by the rules. B. During the game, a player may address the referee only through the team captain; the team captain may address 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/Substitutes/Coaches and Managers- The managers, Coaches & Substitutes shall sit in the place provided for them.

The following acts are punishable:

- a) Persistent addressing of officials concerning their decision.
- b) Making derogatory remarks to officials.
- c) Committing actions tending to influence decisions of the officials.
- d) Making derogatory acts or personal remarks to the opponents.
- e) Deliberate coaching during the game from outside the ground.
- f) Leaving the ground without the permission of the referee during the match and before declaration of the result. Referee shall take action according to the gravity of their offence.

4 Penalties- a. For a minor offence, such as talking to opponents, spectator or officials, shouting, etc. a verbal warning will be given by the Referee. In case of repetition of the offence warning will be given by showing a yellow card.

b For a serious offence, Referee may disqualify the concerned players and others from rest of the match by showing a red card.

Note: If a player is shown yellow card twice in a match, he shall be forbidden in that match of the particular tournament and also in the next match if he is shown a yellow card in two different matches in a particular tournament, he will be forbidden from participation for next match of that particular tournament. If a player is shown red card in a match he shall be forbidden from the participation for the rest of the match and for next match also of that particular tournament. As mentioned in the rule 1, 2, 3, of Part 5 shall be taken by an Umpire and/or Referee.

The concerned shall report the matter in writing to the proper Authority (in charge of officials, Observer, Organizing Secretary, Convener, Referees Board of respective Federation/Association, Secretary General. Note: Masculine gender assumes feminine gender and singular number assumes plural number whenever necessary in all the preceding parts.

4. IMPLEMENTS

The following should be used:

- A. Posts.
- B. Strings.
- C. Measuring tape (steel)
- D. Stop watches (two on each ground)
- . E. 2 Rings having inner diameter of 9 cms & 10 cms. Respectively.
- F. Score-sheet, Performance Count.
- G. Time placard 1 to 8
- H. Red & Yellow card.

Awards

ARJUNA AWARDEES

1976 Ramchandran

1981-82 sushma sarolkar, hemant kalalkar

1983-84 M.M Prakash, Veena Parav

1985-86 Surekha kulkarni

1998 Shobha Narayan

DRONACHARYA AWAREE

2001 E Gopal Purshotam

KHO-KHO FEDERATION OF INDIA (KKFI) WAS ESTABLISHED IN THE YEAR 1956.

KKFI - Kho-Kho Federation of India

Equipments for a match

- Two Posts for one Ground.
- Steel Strings/Ropes.
- Measuring Tape (Steel) in mtr./cms
- Stop Watches (Two on each Ground) calibrated in Seconds.
- Two Rings having inner diameter of 9 cms. and 10 cms. respectively.
- Score Sheet and Performance chart.

- Time indicating Board/Placards 1-8 (To indicate time elapsed in a turn), measuring 20 cms. in length and 4 cms. in width.
- Red and Yellow Cards
- Marking Powder (Lime Powder) and materials required for Ground marking.
- Tables & Chairs for the officials and players, coach and manager.
- Blue and Red band for Captains.
- Blue/Red/Green band for officials (Referee, Umpires, Time Keeper, Scorer-1 and Scorer-2).
- Number plates 1 to 12 (two sets) of number size 20 cms. * 4 cms.
- Whistle - 4 to 6

Now let us have a look on the books related to kho-kho.

Books

1. Exploring health and physical education by H.L.Luthra
2. Saraswati health and physical education

These are the books which are on Kho Kho. There are number of other books related to this game. This is the wonderful game of our country. So, this is all about the tournaments, awards, books, rules and Kho Kho. I am sure this episode has given you enough knowledge about the games its rules and how its play.

Conclusion: So, we conclude here with the game of kho kho, Its uniform, duties personalities related to it. fundamentals, important tournaments , officials related to the game. I hope this lecture has given to you the enough knowledge about the game. Thank you have a nice day.