

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.: 31

Lecture Name: Kho-Kho - III

Summary

Some Important Tournaments of kho-kho are - Federation cup, Nehru gold cup, National kho-kho championship, Inter university 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. Fundamental skills in kho-kho are -chasing skills (giving kho, tapping, fake kho), Running skills (position on the court, running, avoiding trapping). The following officials shall be appointed for the management of a match: A Referee, Two Umpires, a Timekeeper and One Scorer. All players must know the rules of the game and abide by the rules.