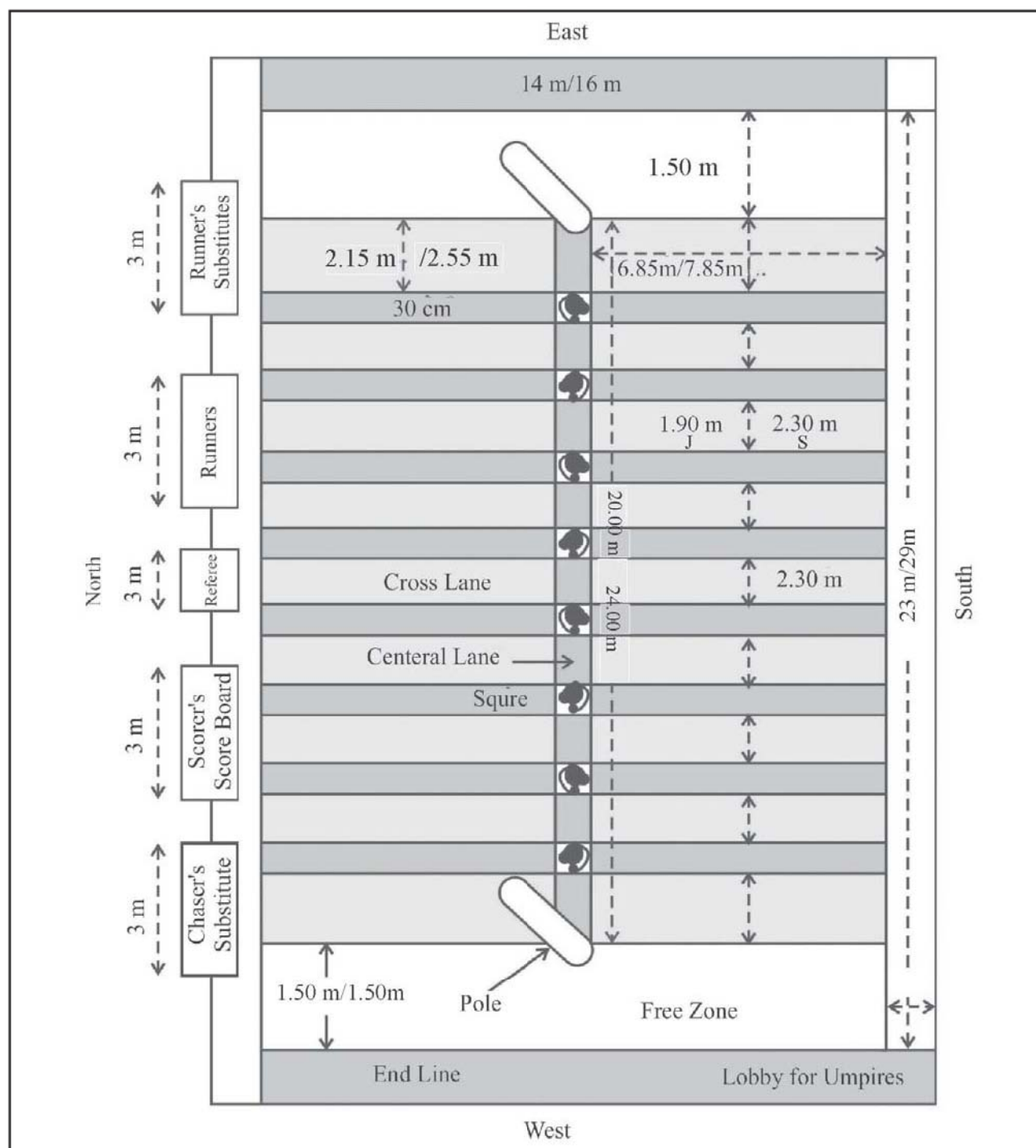


Kho-Kho game is one of the most ancient games of play field. It is our Indian game. Main skills of defence and attacks are included in this game. This game is the most speedy and the fastest. In this game, the players should have the qualities of physical proficiency like speed, strength, power of endurance, agility, flexibility etc.

The play ground for Kho-Kho



Kho-Kho game is more popular in Gujarat, Maharashtra and Madhya Pradesh. This game is also spread in other states of India. This game is simple and without any risk, It is played with less equipments, It is economically affordable, it is played in open play ground, but if there is necessary convenience, it is played at night as indoor game.

There is good expansion of this game in most of the districts of Gujarat. Now amateur Kho-Kho Federation of India controls the game. This Federation conducts the planning of National championship.

Play Ground (FIELD)

The Measurements of Kho-Kho Ground (For Junior senior and little master Sections)

	Junior, Senior Boys-Girls	Little master Boys-Girls
End line	16 metres	14 metres
Side line	27 metres	23 metres
Free zone	1.50 metres	1.50 metres
Distance from the post line to first lane	2.55 metres	2.15 metres
Distance between two posts	24 metres	20 metres
Distance between two squares	2.30 metres	1.90 metres
Diameter of the post	9 to 10 cm.	9 to 10 cm
The height of the post from the ground	1.20 to 1.25 metres	1.20 to 1.25 metres
Time for both the teams	Two innings 9+3+9+6+9+3+9 minutes	Two innings 7+3+7+5+7+3+7 minutes
Rest period	6 minutes	5 minutes

Equipments

(1) Two wooden posts, (2) Measure tape, (3) Stop watch, (4) String, (5) Lime, (6) Nails, (7) A machine for drawing lines - single and double, (8) Table, (9) Whistle, (10) Chair, (11) Score sheets, (12) A set of triangle numbers 1 to 12, (13) Green and Yellow cards, (14) A big score board.

Number of players

There are 12 players in each team. Of these players, nine can take part in a match, remaining three stay as substitutes.

Innings

Each team twice becomes a chaser and twice becomes runner. These two innings they have to play.

Skills of Kho-Kho

There are two teams in Kho-Kho game. One is chaser's team and another is Runner's team. The players of both the teams use the different skills for the best play.

Skills for the chasers

(1) To give a Kho :

To give a Kho is an important skill for Kho-Kho game. A chaser while running after a runner touches the back of the sitting chaser, keeping foot in the cross lane, and simultaneously uttering the word 'Kho' loudly.

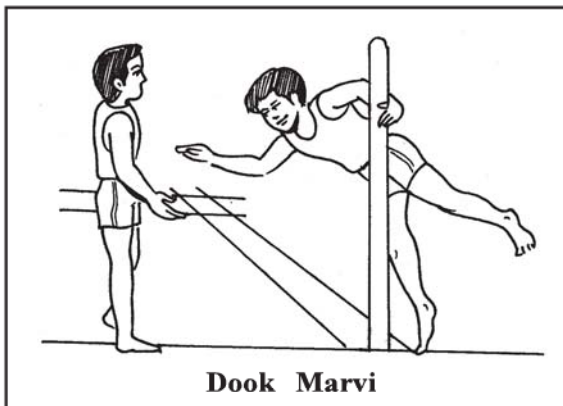
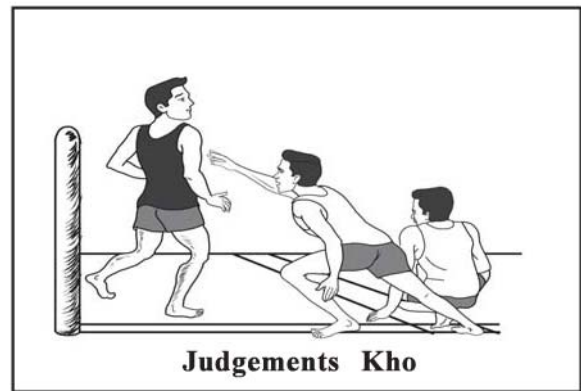
(i) The common Kho : In this method the active chaser leans forward before reaching the square in which the chaser who is to be given the 'Kho' is sitting, and touches his – the sitting chaser's back with his extended hand and utters the word 'Kho'.

(ii) Judgement Kho : The Kho is given to the chaser sitting in the square near the post, with a view to forcing the runner to leave the post is called a judgement Kho. In this method, the active chaser's body-posture and movement are such that when he gives the 'Kho' the runner has to leave the post to save himself from being 'out'.

(2) Tap at an angle of 45°

The fruitfulness of this skill is depending upon the judgement Kho. The chaser, instead of going toward the post, shall give the Kho to the player

sitting the square near the post. The Kho taking chaser in turn shall run almost at an angle of 45°, where he shall meet and touch the runner. Thus a runner shall be made out.



(3) Dook Marvi

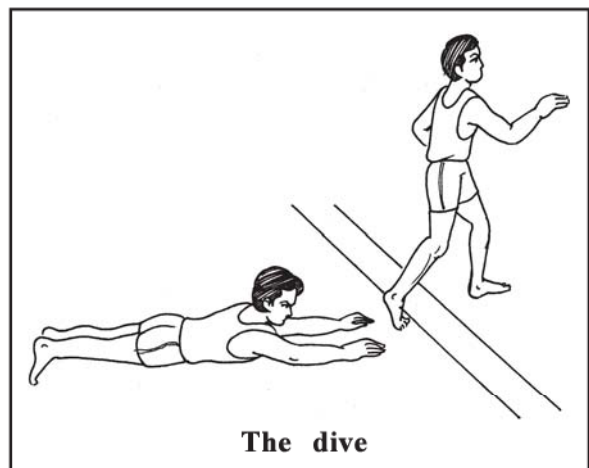
To try one's hand at the post : This skill is a very useful in Kho-Kho game. Many players of good teams use this skill. This skill required complecated motion. The chaser, to perform this skill, comes fast forwards the post. Places his leg near the post and holds the post with the arm on the opposite side. The upper part of his body crosses over the central lane and extends it in that direction. He extends his free

arm as far as he can and tries to tap / touch the runner. During this action, he presses his thigh, which is near the post. After completing the 'Dook' or the tapping action, while returning to the ground, he has to cross the post-line.

(4) The Dive

This skill demands the power of making quick decision, fearlessness and agility on the part of the chaser. Diving is of two types. (i) Ground Diving (ii) Diving from The Square.

(i) Ground Diving : During the play when the distance between the runner and chaser is short, the chaser dives in the air extending his both the hands toward the legs of a runner to touch. In performing this skill, the chaser, after the dive, shall land on his chest. In order to absorb the shock, he shall make use of his hands. For using this skill, it is necessary that a chaser has courage and self-confidence.



(ii) Diving from The Square : During the play, when a runner passes from the front of the sitting chaser, he shall dive toward the runner immediately when he gets the Kho. He shall try to touch the legs of a runner.

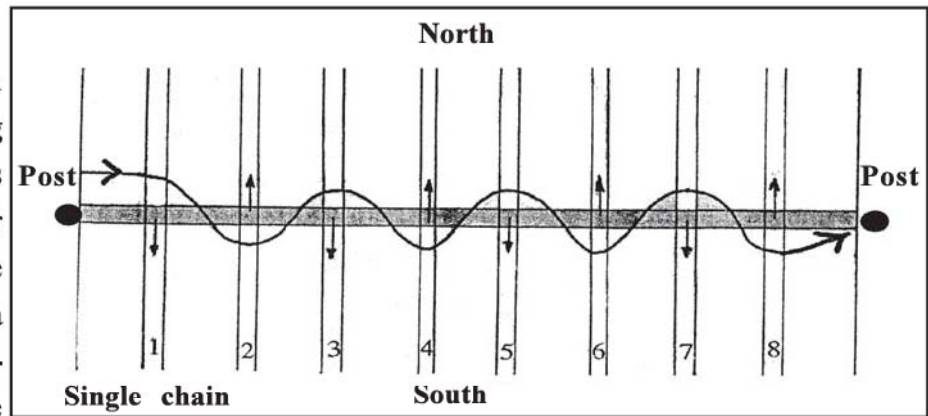
Suggestions :

- (1) The face should not be turned to other direction, after diving and a runner makes out.
- (2) At the time of diving from the sitting position, there should not be any portion of body in the central lane.

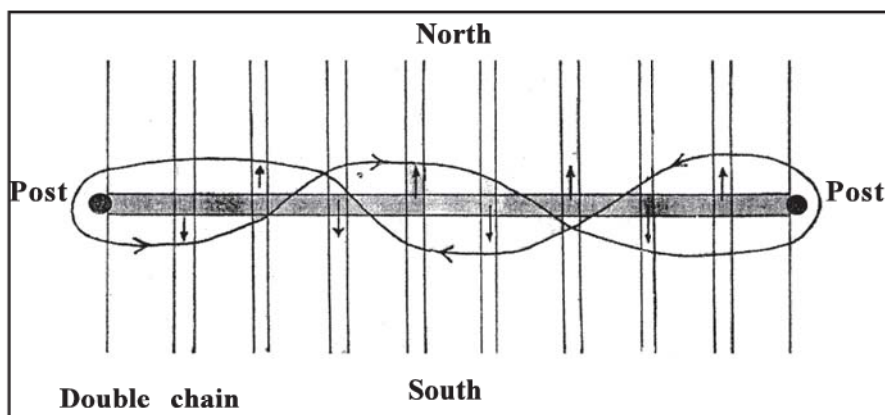
Skills for the runners :

(1) Single chain (Serpentine play / Zig-zag play) :

When the runner runs from one post to the other while watching the back of the sitting chasers and moves in a zig-zag / serpentine movement, this skill is known as the



'single chain skill'. In this type of play the runner keeps himself one square ahead of the chaser. He stays a little away from the central lane, so that a chaser cannot make him out by extending his arms from the opposite side.

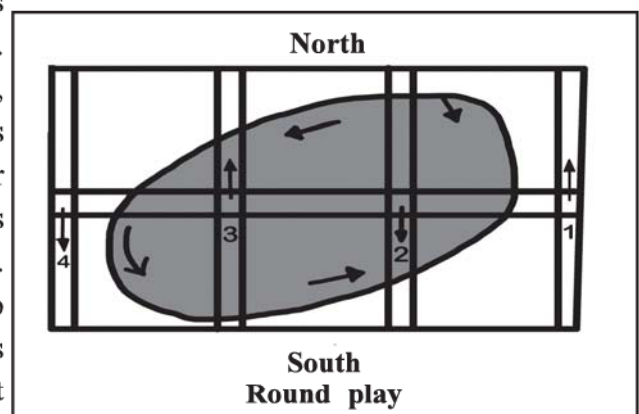


(2) Double chain :

In this skill the runner goes towards the post halting at the back of every third sitting chaser, leaving two of them. In this skill also he has to pass from behind the back of the sitting player and he can cross the central lane

only after a Kho has been given at the previous cross-lane. This is a good, useful and safer skill for runner. Good players of the team use this skill maximum.

(3) Round play : When a runner becomes tired, this skill is useful for more (extra) play. When a runner stands away in front of a chaser, the chaser after receiving Kho, stands up and runs behind the runner to make him out. But the runner makes dodging and runs in front of the chaser's direction. The deceiver player gives Kho again. After receiving Kho, the player stands and tries to make him (runner) out. At that time, he does dodging and comes to original place by running. At that time, he completes round. So this skill is called round play (round game).



(4) The turn : When an active chaser is just close to the runner he (runner) abruptly and actively turns in an opposite direction and escapes from being touched by an active chaser. There are two types of turns : (i) Front face turn, (ii) Back turn.

(i) Front face turn : In this skill, the runner is always facing an active chaser, when an active chaser is changing in the right direction, the runner abruptly gives pressure on his foot and escapes in an opposite direction. In this skill, vigour and alertness of the player are required.

(ii) Back turn : This skill is useful for the runner who is using the double chain skill. In this skill, when the back of the runner is towards the chaser, he (the runner) suddenly exerts pressure on his legs and escapes in the opposite direction.

Rules of the game :

- (1) Game shall be started with the tossing of a coin. The toss winner team shall choose either running or chasing. Eight players of the chasing team shall be sitting on the squares alternatively and ninth one shall stand near the post. Runners shall sit at the decided place in the sequence of playing.
- (2) The active chaser can give a 'Kho' to the sitting chaser only from the latter's back side. For a Kho he touches the back of the sitting chaser with his hand, he must utter the word 'Kho' loudly so that it can be heard by an umpire. He does not give 'Kho' from a distance. A sitting player, sitting in the square can not ask for 'Kho'. A sitting player will not stand before receiving 'Kho'.
- (3) An active chaser shall neither touch the central lane nor he shall touch the ground beyond the central lane with any part of his body.
- (4) After crossing the square, where his team player is sitting, a chaser cannot give Kho. The action of speaking Kho and touching the player be done simultaneous. If these actions are not simultaneous, it shall be considered a foul.
- (5) A chaser should sit immediately on the place of Kho receiving player after giving a 'Kho'.
- (6) When an active chaser commits a foul, an umpire blows a short noise whistle, which declares the foul and shall indicate him to go in indicated direction.
- (7) A Kho getting player shall have to go in the direction in which he shall turn his face (solder line) while getting the Kho.
- (8) The rule of turning the face and taking direction shall not apply for an active chaser, in the free area.
- (9) If a runner goes out side of the ground, he will be declared out. But if a chaser goes out, the rules of taking direction will be applicable.
- (10) A runner cannot intentionally touch a chaser. If he does so, an umpire gives him warning, if he continues to do so, he will be given out.
- (11) The chasers have to sit in the squares in such a way that they do not create difficulties for the runners while they are running. If any sitting chaser obstructs the runner in any way, it will be regarded as fault and even if the runner has been 'Caught' by the active chaser, he (the runner) will not be given 'out'.
- (12) Without violeting the rule, if an active chaser touches the runner with his hand, he (runner) shall be declared out. When an active chaser commits a foul at the time of making out, he (runner) shall not be declared out, an umpire blows a short noise whistle and shall indicate him (chaser) to go in proper (opposite) direction.
- (13) Any part of chaser's player touches the square, it will not consider as leaving the square.
- (14) If a runner's feet are out side the ground, he shall be declared out, even though his body is in the ground.
- (15) An active chaser shall have to run on one side of the central lane. He will not change the direction. He can change the direction of the face i.e. the shoulder line, till it remains parallel to the central lane. Turning beyond the central lane shall be a foul.
- (16) When an active chaser commits a foul, an umpire shall declare that foul and shall indicate him to go in an opposite direction. While committing the foul, if an active chaser touches a runner, he (runner) shall not be declared out. But as per instruction of the umpire, the active chaser runs in the opposite direction and touches a runner he (runner) shall be declared out.

- (17) The time duration for senior and junior boys and girls for one turn shall be of 9 minutes. There is rest period of 3 minutes between two turns and there shall be rest period of 6 minutes between two innings, $[9+3+9+6+9+3+9 = 36+12 \text{ (Rest period)}]$.
The time duration for Sub-junior boys and girls for one turn shall be of 7 minutes. There is rest period of 3 minutes between two turns and there shall be rest period of 5 minutes between two innings. $[7+3+7+5+7+3+7 = 28+11 \text{ (rest period)}]$.
- (18) In the game of Kho-Kho, if any team secures 9 or more points than the rival (opposite) team, it can allow the rival team for 'follow on', keeping its right to play the second inning later on. If both the teams agree, this difference for 'follow on' shall be fixed for 6 points. Due to this, if more points are secured by opponent, then the said team will take its reserve turn.
- (19) At the end of the competition, the team which scores more points during that time period will be declared the 'Winner'.

Exercise

1. Answer the following questions in detail :

- (1) What is Judgement Kho ? When is this skill used ?
- (2) State the skills for the runners and explain one skill.
- (3) Explain the diving skill.

2. Answer in brief the following questions :

- (1) What is central lane ?
- (2) In which states is Kho-Kho game very popular ?
- (3) State the height of post in Kho-Kho game.
- (4) What is square ?

3. Write short notes on :

- (1) Single chain (2) Round play (3) Tap at an angle of 45° .

4. Answer the following questions by selecting correct option from the options given below :

- (1) State the length of central lane for senior players ?
(A) 24 metres (B) 20 metres (C) 18 metres (D) 16 metres
- (2) What is the height of post from the ground in Kho-Kho ?
(A) 1.20 to 1.25 metres (B) 1.00 to 1.10 metres
(C) 1.20 to 1.22 metres (D) 1.00 to 1.15 metres
- (3) State the measurement of free zone for Sub-junior players.
(A) 14×1.50 metres (B) 14×1.70 metres (C) 14×1.20 metres (D) 16×1.50 metres



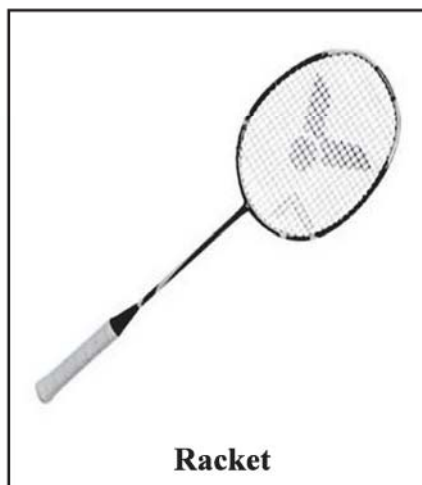
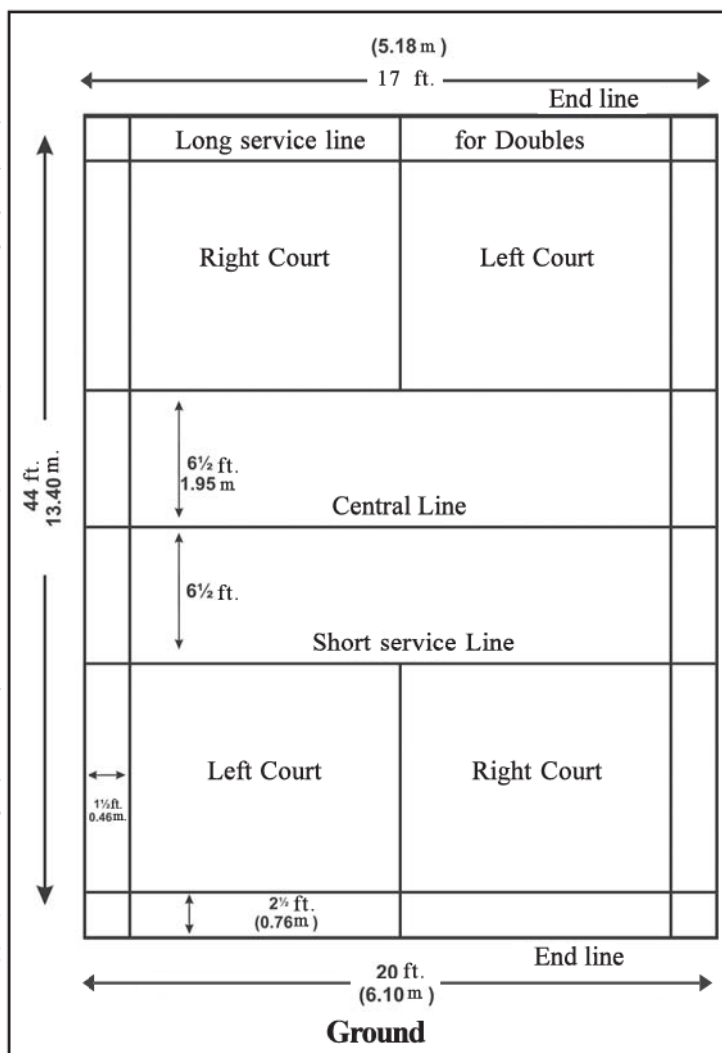
A game named shuttle cock was played in China, Japan and India in 5th century AD. The shuttle cock was hit with a wooden equipment made from special wood Battledore. In India, this game was popularized from Pune city of Maharastra state (province). In beginning this game was known as 'Puna game' then from there it became popular in whole country. The British officers took this game to England from India in 16th century. There it became popular in aristocratic class. Now the battledore was replaced by the net instead of battledore. Then it popularized to whole world in year of 1870.

In the year 1877 it was named Badminton. 'The International Badminton Federation' was established in 1934. India became the member of this federation in year 1936. It was played for the first time in 1992 Barcelona Olympic, Today more than 150 countries are the members of IBF. This game is played in five categories at international level.

- (1) Men's Single (2) Men's Doubles
(3) Women's Single (4) Women's Doubles
(5) Mix Doubles

Ground (Court)

Badminton is indoor game. It is played in closed hall. The hall must be at least 7.6 mts. (almost 25 ft.) in height, 13.40 mts. (44 ft.) in length, and 5.17 mts. (17 ft.) in width for singles and 6.10 mts. (20 ft.) for doubles. The length of net should be 6.10 mts. (20 ft.) and width should be 0.175 mts. and net height should be 5 feet. from the centre.



Racket

Equipments

- (1) Racket, (2) Shuttlecock

(1) Racket

In Badminton to hit the shuttle a racket with net named equipment is used. The weight of the racket is 85 gms to 90 gms. The racket is divided in to three part (A) part with net, (B) Rod (Shaft) joining the net part and handle, (C) Handle

The net part is 27 cm. to 28 cm. in length and 22 cm. to 23 cm. in width. The length of the racket is 68 cm. to 76 cm. to reduce the weight or racket and to increase is strength it is made