



RULES AND REGULATIONS



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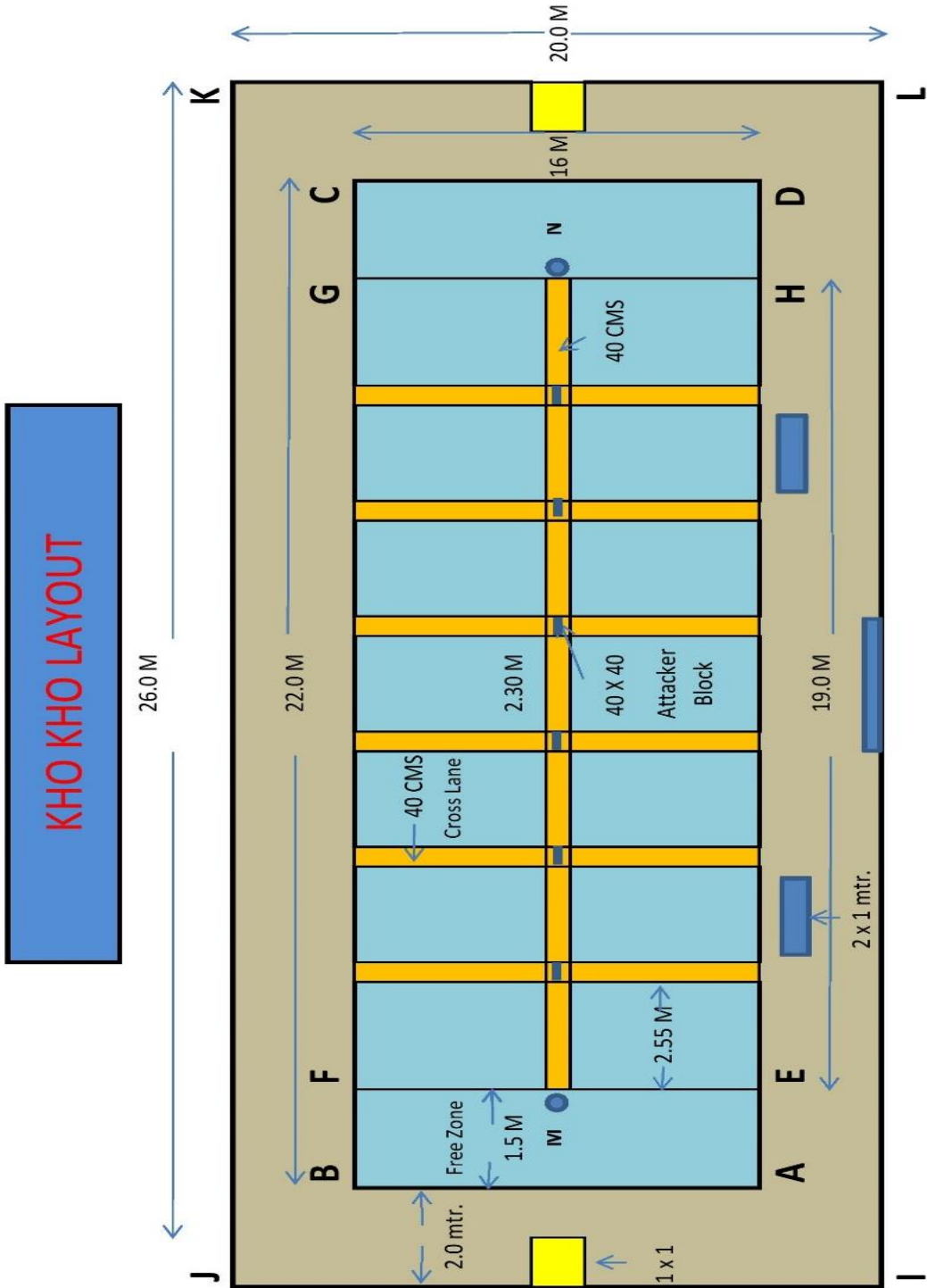
THE GAME

The game of Kho Kho is based on natural principles of physical development. It is vigorous and fosters a healthy combative spirit among youth. It is not merely running with speed, but it is CHASE, a natural instinct to overtake, to pursue and tag a opponent. No doubt, speed is the heart and to stand to a relentless pursuit of 7 minutes at a stretch (Turn), the heart demands stoutness and stamina. In turn, a physically fit youth enjoys it and the spectators who watch enjoy a thrilling sport to their satisfaction.

A squad consist of minimum 20 players and playing team consist of 15 Players, one Coach, one Asst. Coach, one Manager and other Supporting Staff. However, 7 Attackers and 12 Defenders will take the Field in the beginning of the match. The game is played in two Innings. An Inning will consist of Attacking and Defending turns which shall be of 7 minutes each. Each match will consist of two Innings. There shall be an interval after an Inning and short break between two turns.

Controlled SPRINTING, DODGING, DIVING, POLE DIVE, TAPING, COVERING, POST TURNING are a few skills exhibited during the game which is won by a team that scores more points.

PART I



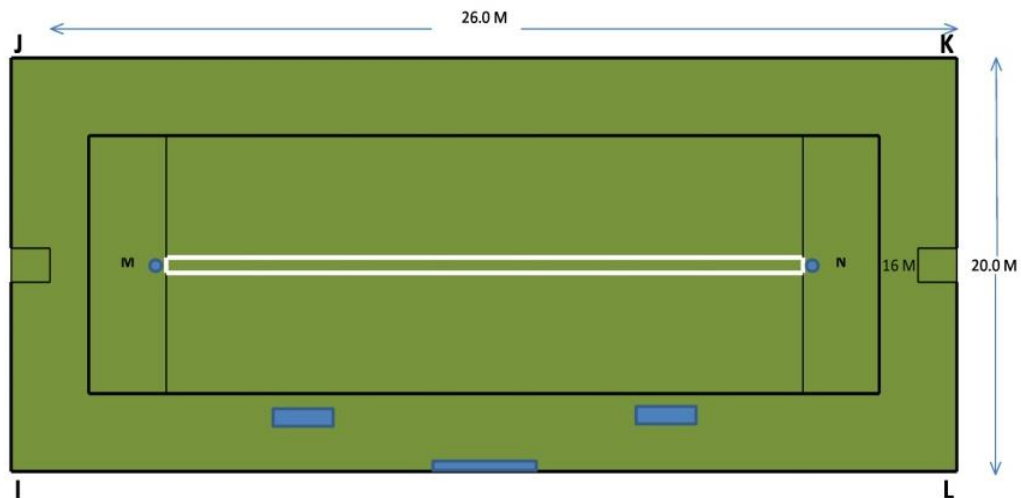
PART II

TERMINOLOGY

1. GROUND

KHO KHO ground is rectangular in shape and to be made either in outdoor or indoor. In outdoor, it should be made on a levelled clay surface and in indoor, it should be made on a wooden surface/synthetic surface/ synthetic mat or as prescribed. The area formed by the meeting of Lobbies at I, J, K and L is known as GROUND.

The measurement of Ground – 26 x 20 Meters



2. BOUNDARY

The rectangular area surrounded by the lines parallel to each other and equal to the length and width of Play Field are known as BOUNDARY. The area formed by points A, B, C & D is known as BOUNDARY.



The measurement of Play Field for - 22 x 16 Meters

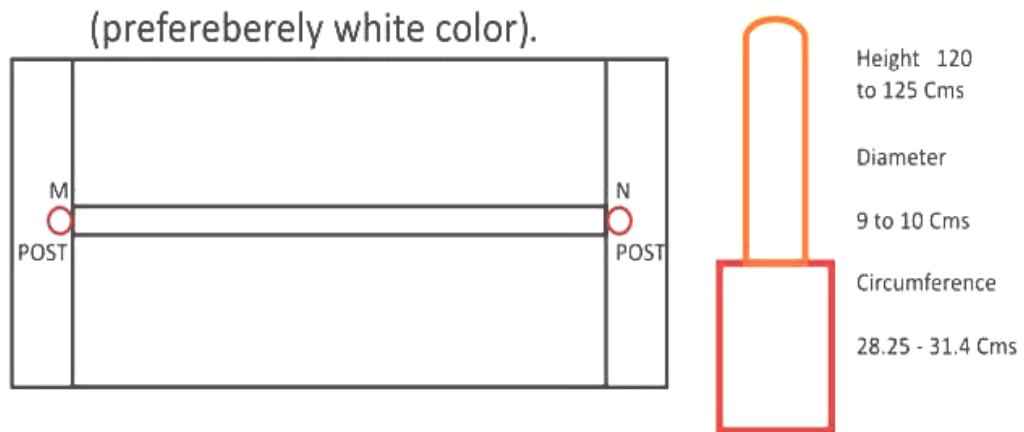
The Measurement of BOUNDARY LINES

AB and CD = 16 Meters

AD and BC = 22 Meters

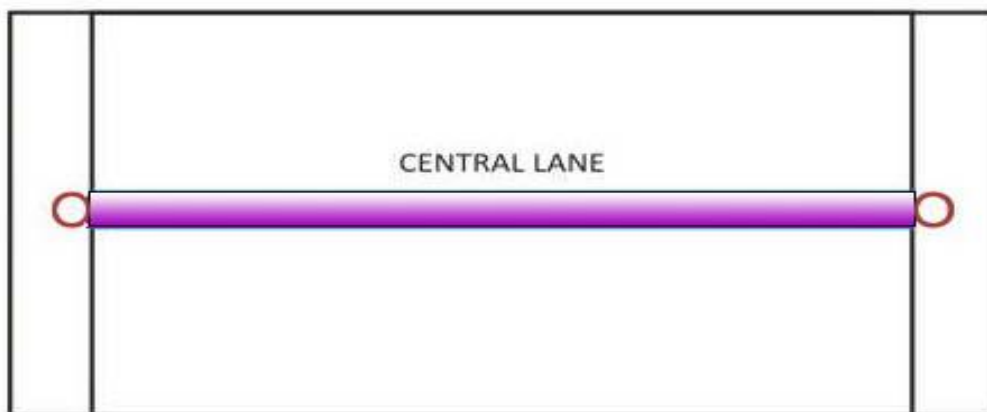
3. POST

The strong wooden or fiber Post (as rigid as wooden or fiber post), smooth all over & 120 to 125 Cms. above and perpendicular to the Ground, fixed firmly in the Free Zone at tangent (right angle) to the Post Lines at M & N is known as POST. The points M and N shall coincide with centre of the Posts and shall be at a distance exactly half the width of Post Line & touching the Post Line as well. The diameter of the Post shall be uniform throughout and shall measure between 9-10 Cms. The Post shall not be tapered. Top of the Post shall be free from any sharp edges. The Post shall be painted by any color (preferably white color).



4. CENTRAL LANE

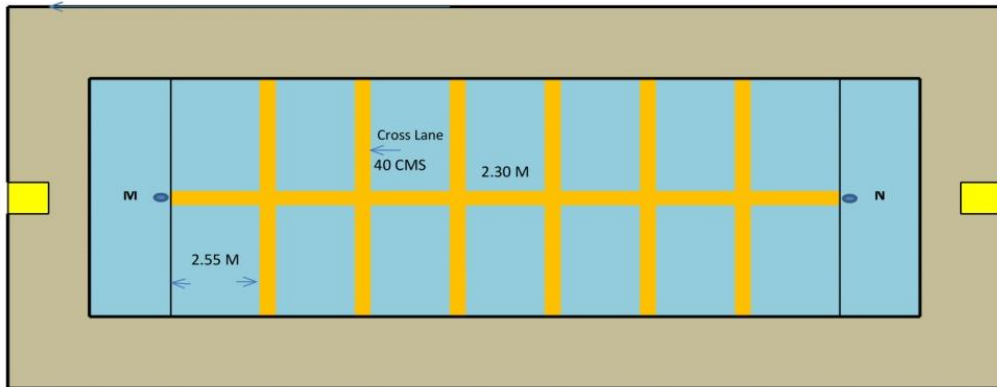
CENTRAL LANE is a rectangle in between two Posts which divides the Play Field in two halves.



The measurement of the CENTRAL LANE for - 19 Meters x 30 Cms.

5. CROSS LANE

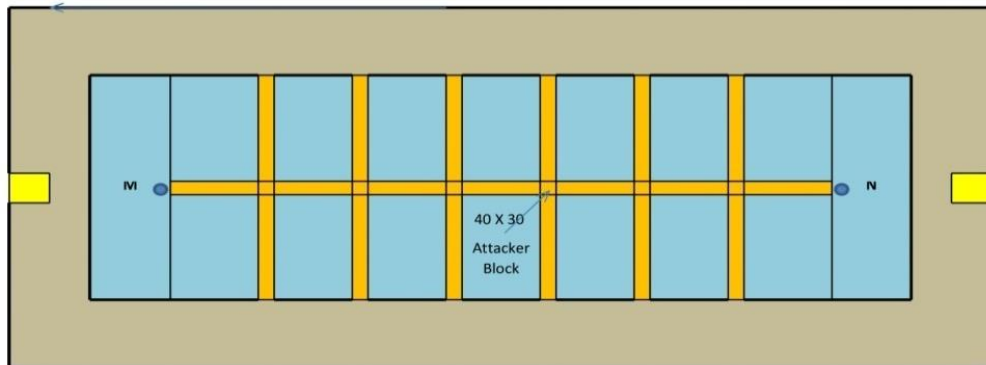
Each of the rectangles, measuring 40 Cms. in width and equivalent to the width of the Play Field intersects the Central Lane at right angle is known as a CROSS LANE.



The measurement of the CROSS LANE - 16 Meters x 40 Cms.

6. ATTACKER BLOCK

The area of 40 Cms. x 40 Cms. formed by intersection of Central Lane and Cross Lane is known as ATTACKER BLOCK.

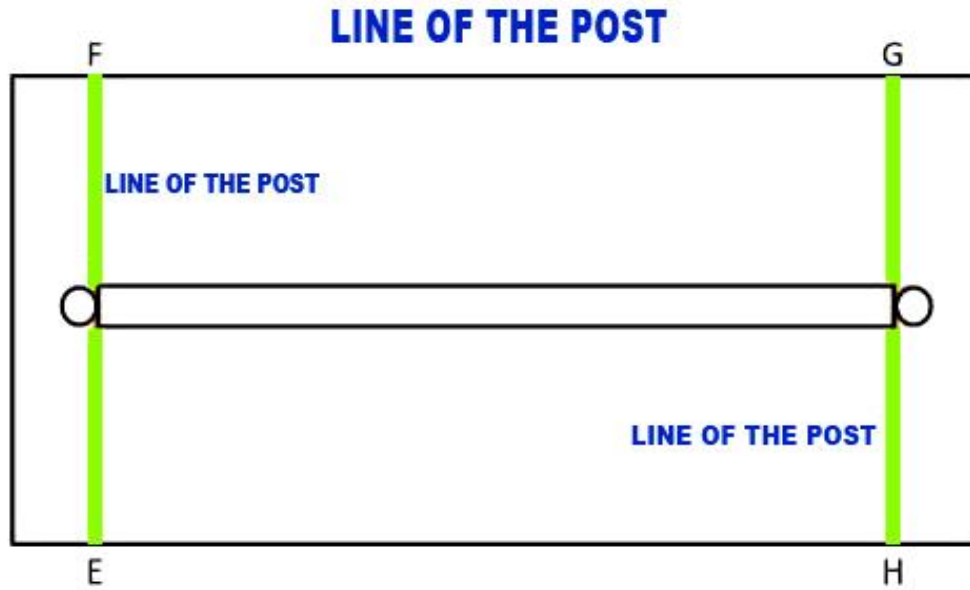


The distance between two adjacent ATTACKER BLOCK - 2.30 Meters

The distance between Post Line and First Cross Lane - 2.55 Meters

7. LINE OF THE POST

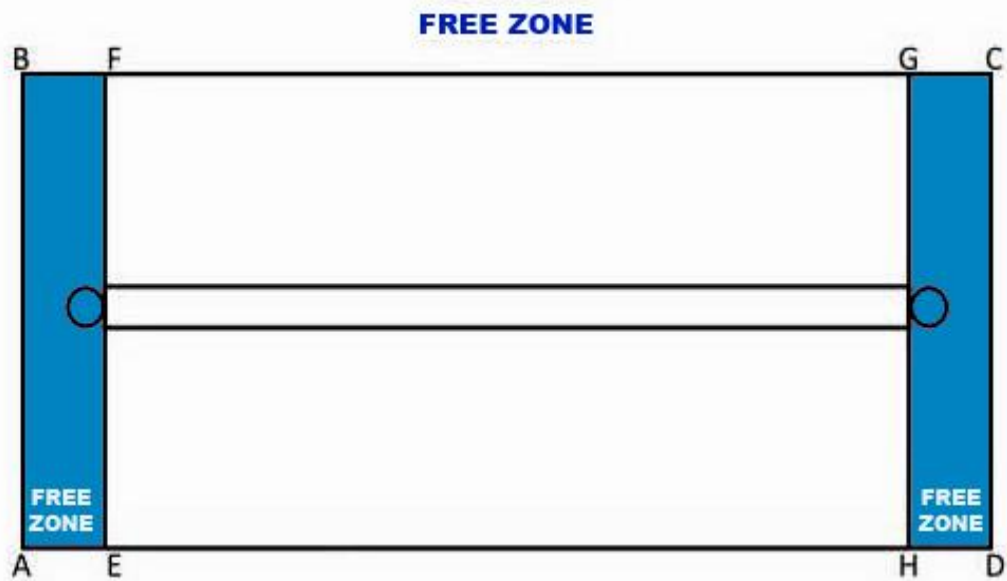
The line which is at right angle to the Central Lane and run parallel to the Cross Lane at tangent (right angle) to the Post is known as LINE OF THE POST or POST LINE (EF & GH).



8. FREE ZONE

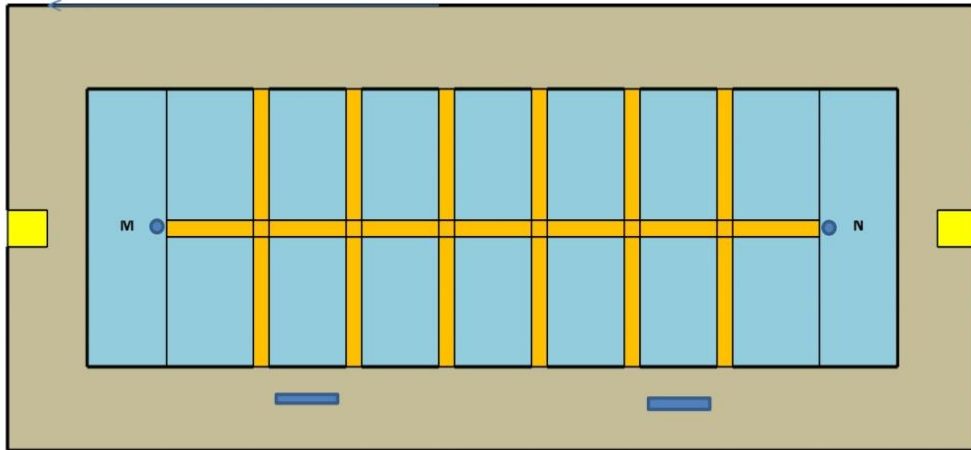
The portion of the Field behind the Post Line on either side is known as FREE ZONE.

The dimensions of the FREE ZONE for - 1.5 M. X 16 M.



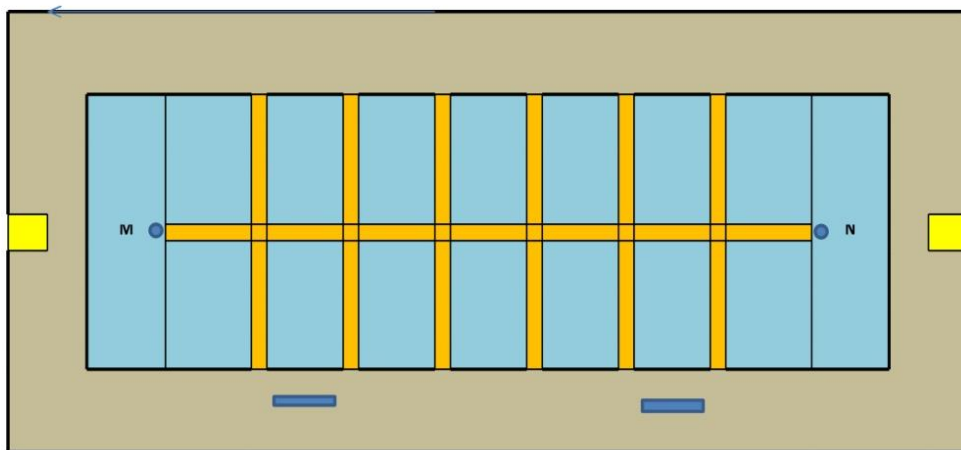
9. LOBBY

The area surrounding the Boundary/Play Field with a measure of 2 meters in width is known as LOBBY.



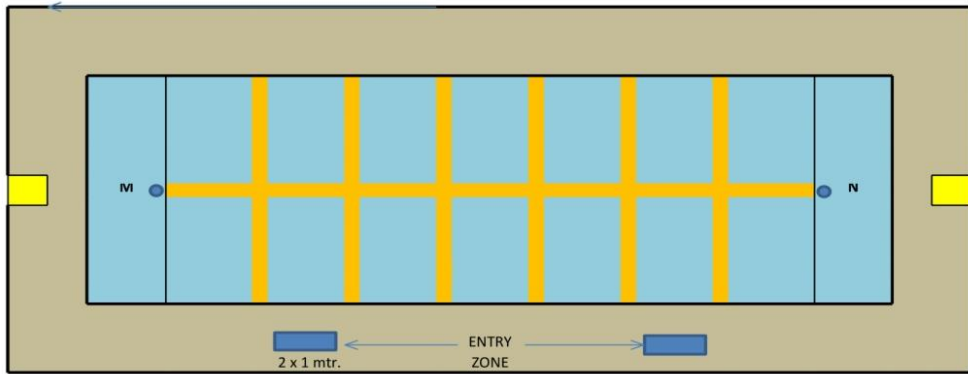
10. WIDTH OF THE LINES

Width of each line should not be less than 2 Cms. and not more than 4 Cms. The lines will be the part of all the measurements.



11. ENTRY ZONE

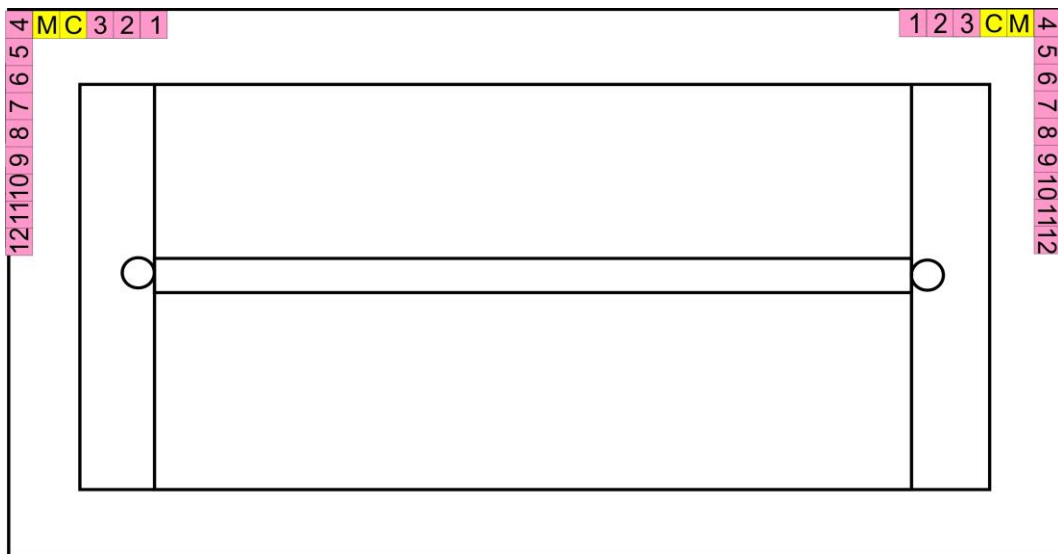
The area marked in the Lobby away from the Boundary Line on both side of the Scorer's Table measuring 2 M. x 1 M. is known as ENTRY ZONE. It is meant for the Defenders to take entry in the Play Field for their Defense.



The measurement of the ENTRY ZONE – 2 M. x 1 M.

12. TEAM BLOCK (A/B)

The area earmarked in the Lobby for Players, Coaches, Manager and Supporting Staff on either side of the Ground is known as TEAM BLOCK (A/B). Chairs/Benches should be arranged for Players, Coaches & Manager as specified in the diagram.



13. ATTACKER

A player who pursues the player/s of the opposite side i.e. Defender/s with a view to tap and touch them is known as ATTACKER.



14. DEFENDER

The Player/s who is inside the Play Field for his turn of Defense is known as DEFENDER.



15. PERFECT KHO

To give KHO, an Attacker should touch the Sitting Attacker by his hand from behind him in between imaginary shoulder line & waist line and then utter the word "KHO" loudly and distinctly. Giving PERFECT KHO is a process of transferring duty by one Attacker to another Attacker (teammate).

16. FOUL

If an Attacker violate any Rules & Regulation is known as FOUL.

17. DIRECTION

When an Attacker goes from one Post Line to another Post Line or after getting KHO, if he goes towards a particular Post Line, he is said to have taken a direction.



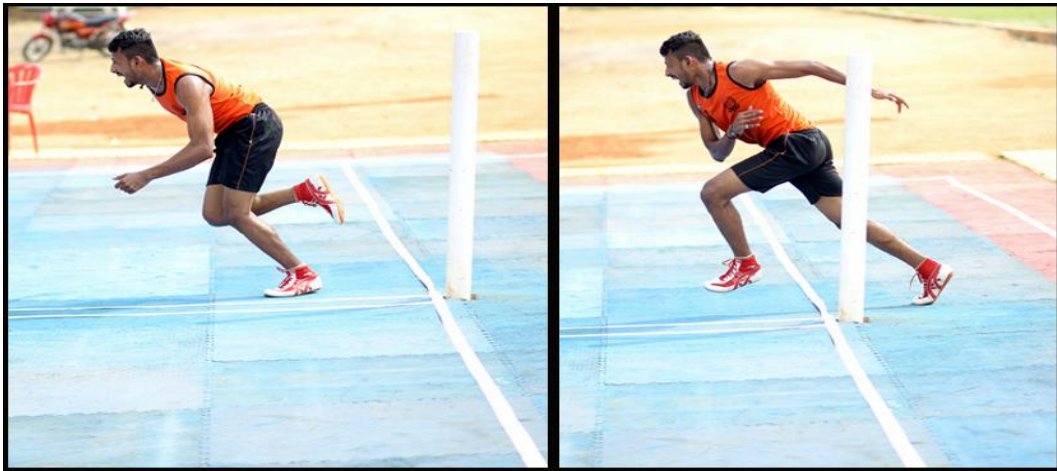
18. RECEDE

When an Attacker while going in a particular direction touches the ground which he had already covered (the ground covered will always refer to area covered by rear foot in opposite direction), he is said to have receded. But, if an Attacker executing Post Dive, if the grounded foot of an Attacker recedes, it will not be considered as Foul.

19. LEAVE THE FREE ZONE

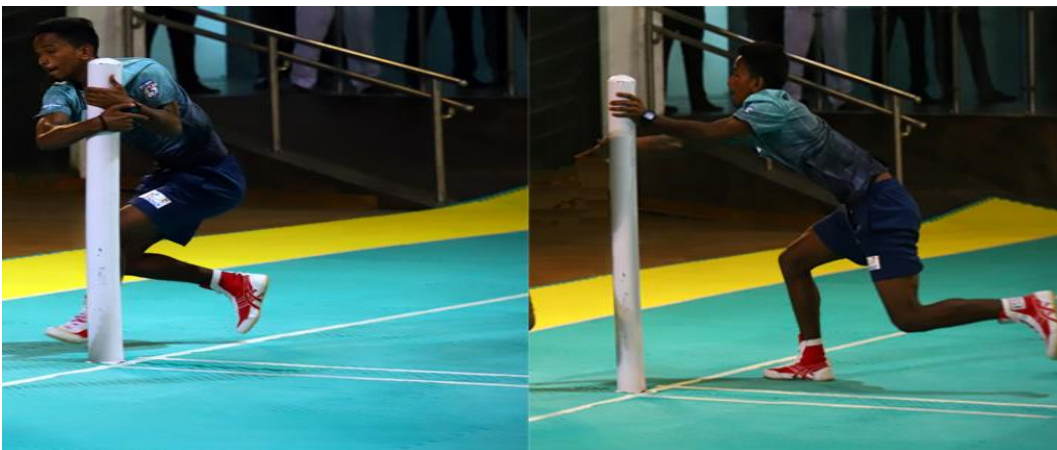
When an Attacker loses contact of his feet with the Free Zone, he is said to have left the Free Zone. But while attacking towards Boundary Line, Attacker should follow the Rules of taking direction and receding.

However, he may use the Free Zone while attacking towards the Boundary Line.



20. REACH THE FREE ZONE

When Attacker comes in contact with the area of the Free Zone by his feet, he is said to have reached the Free Zone.



21. BOUNDARY OUT

If a Defender loses contact of his feet with the Play Field and goes out, he is said to have gone BOUNDARY OUT or OUT OF FIELD.



22. ENTRY

Defender is said to have entered in the Play Field as soon as he loses the contact with the area outside the Play Field with his feet and comes in contact with the area inside the Play Field with his feet.



23. WAZIR

Wazir is an Attacker who is not abides by the all rules applicable during Attacking except the following two:

- a) Crossing the Centre Lane.
- b) All rules applicable during a 'Perfect Kho' is given.

24. POWER PLAY

Power play is a period in which 02 Wazirs can Attack during their Attacking Turn.

25. POST UMPIRE/COACH ARENA

The area specially marked (1 M x 1 M) just behind the Free Zone on either side is known as Post Umpires/Coach Arena. The Post Umpires will stand there during the play and Coaches will stand there during the 30 sec. break period while giving instructions to the Attackers.

PART III

RULES OF THE GAME

1. Ground shall be marked as shown in Part I.
2. Referee shall call both the captains for the spin of the coin (Toss). He shall stand at the centre of the Play Field facing the Scoring Table with both the captains on either side. He shall instruct one of them to call the choice of side of the coin. He shall spin the coin and declare the winner of the toss. The coin shall be sufficiently heavy.
3. The winner of the toss shall raise his arm immediately and indicate by his index finger either to the Central Lane or to the Boundary Line for opting Attacking or Defense respectively. No captain shall touch or pick up the coin. If any captain does so, Referee shall declare the captain of the other side as winner of the toss. The captain of both teams shall wear a band on their sleeve.
4. Any 7 Attackers shall occupy the Attacker Block facing the Boundary Line in such a way that no two adjacent Attackers face the same Boundary Line. The seventh Attacker shall stand in either of the Free Zone to start the attack. Once Free Zone is opted by an Attacker to start the attack, then he should not be allowed to change the same.
5. After the commencement of a turn, no Attacker shall leave the Attacker Block without getting a KHO or change his direction, if he does so, it is a Foul and repetition of the same will amount to misbehaviour. Referee/Umpire can compel the Attacker/s to sit in a manner which was assumed at the commencement of the turn.
6. At the commencement of a turn, the first batch of three Defenders shall be inside the Play Field and remaining Defenders shall occupy the seats meant for them. After a Defender is declared out, he shall occupy the seat meant for him in the Team Block.
7. An Attacker cannot cross the Central Lane to go other half of the Play field or to the Free Zone.
8. Foul shall not be declared if an Attacker, while attacking, touches/crosses that line of the Central Lane which lies on the side of his attacking half. However, if an Attacker while touching or at the time of touching or as a result of action in putting out the Defender does so, Foul shall be given and Defender shall not be declared out.
9. If a KHO is given, it shall be given by touching the sitting Attacker with hand between an imaginary shoulder line and waist line and uttering the word "KHO" with a sufficiently loud tone so that the Defender as well as



Referee/Umpires can hear. Sitting Attacker cannot get up/move without getting a KHO.

- a) If the action of uttering the word KHO precedes the action of touching by hand, then it shall be deemed as Foul.
 - b) Single action of touching will not deem as Foul. But if an Attacker touches the Attacker sitting in the Attacker Block nearest to the Post, when Defender is near the Post, KHO must be given.
 - c) However, only uttering 'KHO' and not touching by hand, will be considered as Foul.
 - d) If an Attacker while giving KHO utters any word other than the word 'KHO', it will be deemed as Foul. Uttering the word 'KHO' or any other word resembling 'KHO' by any of the Attacker will also be treated as Foul.
- 10.** The following three actions of an Attacker where a 'KHO' is given will be allowed. However, the feet of an Attacker shall not go beyond the Cross Lane.
- a) Attacker's front foot need not necessarily be in touch with Cross Lane.
 - b) Attacker may be in the Cross Lane.
 - c) At least one foot of the Attacker should be in touch with the Cross Lane all the time, while the other portion of his body may go beyond that Cross Lane.
- 11.** After touching to the sitting Attacker except nearest to the Post (6th sitting Attacker) if an Attacker move away beyond the Cross Lane, he shall be deemed to have continued his attack and he shall not be allowed to utter 'KHO' from the distance. However, after touching to the sitting Attacker, if an Attacker moves along with the Cross Lane towards the Boundary Line without committing any foul, he may come back and give 'KHO'.
- 12.** An Attacker cannot rest or support on the sitting Attacker to put out a Defender. It will be deemed as Foul.
- 13.** An Attacker shall not give a KHO by touching to the extended arm, leg or any part of the body tilted towards him by the sitting Attacker.
- 14.** After giving a KHO, an Attacker shall cease to be so and shall sit down immediately in the Attacker Block of the sitting Attacker to whom a KHO was given.
- a) After giving a KHO, it shall not be a Foul, if the Attacker while sitting loses the contact with the Cross Lane.

- b) The natural time needed to sit in the Attacker Block after giving a KHO, must be given. However, this action should not obstruct the Defender, and if obstructed, a Foul shall be declared.
 - c) After receiving a KHO, an Attacker can touch a Defender before leaving the Attacker Block.
- 15.** After getting a KHO, the sitting Attacker will immediately be an Attacker and shall move towards the half that he is facing and shall go in the direction which he has taken by going beyond the Cross Lane of his Attacker Block or turning his shoulder line towards any of the Posts. He cannot recede after taking a particular direction, except in the following two cases:
- a) While moving on Cross Lane, if an Attacker while attacking slides/steps back.
 - b) If an Attacker steps back while getting up after a Flat/Sky Dive.
- 16.** An Attacker, while moving in a particular direction turns his shoulder line through more than a right angle to the direction which he has already taken, it shall be declared as Foul.
- 17.** During the execution of Pole Dive, dragging of grounded foot and turning of the shoulder line more than 90° shall not be declared as Foul, but touching or crossing Central Lane by any part of the body will be a Foul.
- 18.** An Attacker can take the direction according to one of the actions, whichever he performs first, mentioned in rule no. 15 above.
- 19.** Once an Attacker has taken a direction, he has to go to that direction till he reaches the Free Zone unless he gives a KHO before that. An Attacker shall not go to the other half of the Play Field unless he turns around the Post through the Free Zone.
- 20.** The rules about taking the Direction and Receding shall not be applicable in the FREE ZONE.
- 21.** The Attacker/s should sit in a manner which does not obstruct the Defender/s. If a Defender is touched as a result of such an obstruction, Defender shall not be declared out and the action of sitting Attacker will be treated as Foul.
- 22.** The deliberate action of moving/tilting shoulder, thigh or any other part of the body by a sitting Attacker towards a Defender who is running near the Central Lane, which may cause to obstruct or obstructed the Defender, it shall be treated as a Foul and he shall be warned by Referee/Umpire.
- 23.** During a turn an Attacker may go out of Boundary Lines but he shall follow all the rules about taking Direction and Receding.

24. An Attacker shall not be insisted to enter in the Play Field through the Free Zone, if he goes beyond the extended imaginary Post Line. In that case, rules about taking Direction and Receding are not applicable.
25. A Defender cannot touch the sitting Attacker. If he does so, he shall be warned once verbally. If he repeats during the same Run, he shall be declared out.
26. A Defender shall be declared out if he is touched with the hand by an Attacker without violating any rule or if he goes out of Boundary Line. He shall be declared out by a short blow of whistle.
 - a) Deliberately pushing, catching, pulling even by uniform or hitting the Defender will be treated as misbehaviour.
 - b) While pursuing a Defender, if an Attacker after violating any rule, pushes a Defender out of the Boundary Line, the Defender shall not be declared Out.
27. If a Defender is touched by an Attacker as a result of a Foul or a Foul is committed immediately as a result of the action taken* while touching a Defender, the Defender shall not be declared Out.

*as result of action taken implies that there should not be time lapse between Foul and action.
28. If an Attacker violet any rules, the Referee/Umpire shall declare a Foul by blowing a short whistle continuously and shall immediately compel an Attacker to go in the direction opposite to that of which he is going. Immediately on hearing a signal given by the Referee/Umpire by his whistle, an Attacker shall go to the direction indicated by the Referee/Umpire and if the Defender who is in action, thereby touched by the Attacker, he shall not be declared Out. The Attacker is not compelled to give a KHO.
29. If a Foul committed by any Attacker, does not give any advantage whatsoever to the Attacking side in their attack and disadvantage to the Defenders, the Foul shall be ignored.
30. An Attacker cannot change his Direction by simply kicking the Post by his leg. If he does so, it will be declared as Foul.

PART IV

RULES ABOUT MATCHES

1. TEAM COMPOSITION:

A team consists of 15 Players, one Coach, one Asst. Coach, one Manager and other Supporting Staff (i.e. Doctor, Physiotherapist, Trainer, Psychologist, Sports Video Analyzer). 07 Attackers and 12 Defenders will take the field at the beginning to start the match.

All the players must wear the player uniform having number printed from 001 to 999 at both sides (front and back). No player can change the T-Shirt number once allotted at the beginning of the tournament.

2. DURATION OF THE MATCH:

A match will be played in 02 Innings. An Inning will consist of Attacking and Defense Turns which shall be of 07 minutes each. There shall be an interval of 3 minutes after an Inning and 2 minutes break between two Turns.

3. Before commencing of the Match, the Coaches of both teams shall give the Names & T-Shirt number of Defenders of all 04 batches, Attackers, Substitute players (Attacking bench), Injury Subs and 03 Wazirs to the Competition Director.

4. The Coaches of the Defending and Attacking teams shall also intimate the Scorers of all 04 Batches, 07 Attackers and 03 Wazirs respectively who will initially start the Inning at least 30 min. prior of the schedule time of their match.

5. After all 03 Defenders of a Batch being declared OUT, there will be a 30 sec. break period.

6. After every 30 sec. break period, the match will resume again from the Post after Referee blows the starting whistle.

7. The Coach or Manager of Attacking Team cannot enter in the Play Field as well as Attacker also cannot move OUT from the Play Field during the 30 sec. break period. The Coach may have discussion with the Attackers while standing in the designated place marked behind the Free Zone.

8. The Outgoing Defender who is declared OUT should not obstruct any Attacker and move out immediately from the Play Field through nearest Lobby.

9. The Ingoing Batch will enter in the Play Field immediately after the last Defender of a batch is declared OUT through their Entry Zone only.

10. If attacking team fails to Touch Out all 12 Defenders of 04 Batches in the First Inning, then the Batch/Batches whose all 03 Defenders remains

NOT OUT will continue in the Second Inning during their Defense in the same order. The Sequence of rest of the Defenders/order of Batches may change.

11. If attacking team successfully Touch Out all 12 Defenders of 04 Batches in the First Inning, then Defending Team may change sequence of all the Defenders/order of Batches in the Second Inning.
12. If a Defender is declared out by showing RED CARD by the Referee, a substitution is allowed to Defending side during their Defense. Substitute (ingoing) player shall enter in the Play Field in the same Batch of substituted (outgoing) player.
13. The Substitution is allowed any no. of times to the Attacking Team with permission of the Referee during the 30 sec. break period or during rest time between two Innings/Turns. There is no such restriction in case of Injury.
14. Only in case of injury certified by the Referee and/or Health and Safety Committee, the Defending Team may substitute their Defender/s with Injury Subs during the rest time between two Innings/Turns.
15. At the beginning of the turn, 3 Defenders shall enter in the Play Field in a batch of three for their Defense. Subsequently next 3 Defenders shall enter in the Play Field through their Entry Zone only.
 - a) The Defenders shall continue to enter in the Play Field for Defense in the same batch till the end of the turn. The order of batch/es can be changed during a turn with prior intimation to the Referee. The order of batches cannot be changed after all 04 batches being declared Out in the same turn.
 - b) As soon as the first Defender of a batch is declared out, next batch of Defenders shall occupy the Entry Zone. Each side shall enter its Defenders in the Play Field through their Entry Zone marked for them in the Lobby.
 - c) If a Defender is declared out, he shall return to the Team Block/Bench through the Lobby by exiting from the nearest Boundary Line.
 - d) In a situation when all 3 Defenders of a batch have not entered in the Play Field before the 30 sec. break time is over, Referee have the discretion to declare them out.
 - e) If a batch of 3 Defenders is given Out as Not entering in the Play Field, the Referee shall give 30 Seconds time to the next batch to enter in the Play Field.

16. In the Knock Out matches, the team who score more points at the end of the match shall be declared winner. If the points are equal, an additional Inning shall be played on minimum chase basis along with Power Play:

MINIMUM CHASE:

- a) Referee will start the turn of this additional Innings. As soon as first point is scored, the turn shall be closed by the Referee. He shall stop his Stop Watch simultaneously. The time for scoring of this first point shall thus be noted. The team who take less time to score their first point (MINIMUM CHASE) shall be declared as winner of the match. If needed, this process shall continue till the winner is decided. Time taken to secure first point shall be recorded in the Score Sheet.
- b) The Referee shall stop the match in the second turn, if the time exceeds more than 30 seconds than the recorded time of the opponents.

LEAGUE SYSTEM:

- a) In the League system, the winner team of the match will get 3 Points and the Loser team of the match will get Zero Point if margin is more than 3 points. In case of a tie, both the teams will get 2 Points each.
 - b) If the winning margin is 03 points or less, then losing team will also get 1 point.
 - c) If there is a tie in a group league points, the leader in the table will be decided by the Net Score (Difference between Scores taken and Scores given to the opponent) of the concerned teams.
 - d) The criteria for deciding league standings with multiple teams on the same league points will be :-
 - i) More number of wins
 - ii) Higher average points scored per game
 - iii) Head to head, team that has more league points against the other
17. If a match is not completed due to any natural means, it shall be continued further at another time, with the same players and same officials as recorded in the Score Sheet. The scores of the completed turn/turns of each side shall be counted, the match will resume again, from the beginning of incomplete turn.
18. If a match is not completed due to other than natural means, the Jury of Appeal will take appropriate decision.

19. If the match is scheduled to be played in Flood light, then the density of the flood light should not be less than 250 lux.
20. The teams shall leave the ground only after the Referee declares the results of the match.
21. At the start of a new Batch of 03 Defenders, Attacker Block Positions of Attackers and the Attacker at the Post can be as per choice of the Attacking team. Irrespective of where they were positioned at the end of the last Batch.
22. Kicking the Post is completely prohibited.
23. **POWER PLAY:**
 - a) Power play is a period in which 02 Wazirs can Attack during their Attacking Turn for a particular batch.
 - b) 02 Power Plays are allowed to both the teams. 01 Power play for 1st Inning and 01 Power Play for 2nd Inning.
 - c) Team Coach/Captain can request Referee for Power Play either at the time of beginning of the Turn or at the time when Ingoing Batch is moving inside the Play Field during the 30 sec. break time.
 - d) Power Play can start either with First Batch or Ingoing Batch.
 - e) The time of Power Play is indefinite till all 03 Defenders of that particular batch are being declared OUT, if not then till the turn is declared closed.
24. **WAZIR:**
 - a) Wazir should wear a Sports Bib over his Playing Kit/Uniform contrasting the color of team uniform during their Attacking only. There is no need to wear Sports Bib during the Defense turn.
 - b) No rule will apply on Wazir except the following two rules during their Attacking.
 - i) Crossing the Centre Lane.
 - ii) All rules during a 'Perfect Kho' is given.
 - c) During the Defense turn, only 02 Wazirs can play the game but during their Attack only 01 Wazir can play the game except in Power Play.
 - d) Wazir will be substituted by a Wazir only. The Wazir included in the Injury Subs will be substituted by other Wazir only in case of Injury certified by the Referee and/or Health & Safety Committee.
 - e) At the time of giving a 'Kho', if a Foul is committed and Wazir is in action while rectifying the Foul, then all the Rules of an Attacker will apply on Wazir and he should go in the opposite direction of



the Defender in action or as directed by the Referee/Umpires to rectify the Foul.

- f) A player playing as Wazir in a particular match may play as Non-Wazir in the next match.

25. SCORING:

Attacking Side

- a) The Attacking team will get 02 (two) points for each Successful Out without Sky Dive, Pole Dive and Boundary Out/Self Out.
- b) The Attacking team will get 01 (one) additional bonus point for each Defender who is declared out by executing the following skill:
 - i) Pole Dive
 - ii) Sky Dive*

*The Attacker's body should be stretched fully in the Air before touching the Defender.
- c) The Attacking team will also get 01 (one) additional bonus point if any Defender goes Out of Field or intentionally give his OUT as Self Out.

Defense Side

- a) The Defending side will get 02 (two) additional bonus points if any Batch survives for 2:30 minutes and plus 02 (two) bonus points for every 30 sec. thereafter.
- b) In case of all out, which means dismissal of all 04 Batches in a turn (irrespective of any number of times), attacking team will be awarded 03 bonus points.

26. REVIEW:

- a) 02 Reviews will be allowed to both the teams. 01 Review for 1st Inning and 01 Review for 2nd Inning.
- b) Attacking as well as Defending team can take review immediately within 15 seconds after the action is completed. Only Team Captain / Concerned Defender or Attacker can request the Match Referee for Review.
- c) Attacking Side Review: If the review become successful, then the Defender will be given Out and they will get point(s) according to rules.
- d) Defending Side Review: If the review become successful, then the Defender will be given Not Out.



- e) If the review request remains successful, then the review option will be retained.
- f) If the review request remains unsuccessful, then one number of review option will be forfeited.

27. TECHNICAL OFFICIALS:

The following 10 technical officials will be deputed to conduct a Match.

- a) 01 Referee
- b) 02 Umpires

- c) 02 Post Umpires
- d) 01 Scorer
- e) 01 Asst. Scorer
- f) 02 Time Keeper

PART V

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

The following officials shall be appointed for the management of a match namely ONE REFEREE, TWO UMPIRES, TWO POST UMPIRES, ONE SCORER, ONE ASST. SCORER and TWO TIME KEEPERS.

1. REFEREE

The Referee shall perform the following duties:

- a) He shall check the Score Sheet, Ground etc. and take the toss before starting the match (as explained in the Rules of the Game). He shall help the Umpires to perform their duties. In case there is a difference of opinion between them, he shall give his final decision.
- b) If any player/team official intentionally obstructs the conduct of the play/behaves in an ungentlemanly or mischievous manner/intentionally violates any of the rules, the Referee has the discretion to penalize the defaulting player/team official. The penalty given to the defaulting player/team official shall range according to the default from a verbal warning to the extent of prohibiting participation in further play of the match.
- c) He shall announce the warning by calling the T-Shirt number/Name of the player/team official and simultaneously show a **Yellow Card**. It shall be recorded by the Scorer-1 by marking "Y" against the T-Shirt number/Name in the warning column.
- d) In a similar way, the Referee can show a **Red Card** to a defaulting player/team official. This will also be recorded by Scorer-1 by marking 'F' against the T-Shirt number/Name in Warning column. The concerned player/team official will be forbidden from further participation in rest of the play and for the next match too. He shall be immediately asked to leave the arena.
- e) If a **Red Card** is shown to the Defender by the Referee to penalize his offence, he will be declared 'Out' and shall be forbidden from the participation for rest of that particular match and for 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.
- f) If a **Red Card** is shown to the Attacker by the Referee to penalize his offence, he will be immediately substituted by another Attacker and shall be forbidden from the participation for rest of that particular match and for the next match too.

- g) The Referee shall instruct the Time Keeper to start the turn after checking the readiness of both teams and officials.
- h) The Referee shall resume the play by blowing a short whistle after every 30 sec. break period.
- i) He shall synchronize his Stop watch with the Stop watch of the Time Keeper and shall check the time after each turn.
- j) He shall check the scores of the sides at the end of each turn from the Score Sheet and after the completion of the match; he shall announce the result of the match after checking the Score Sheet.
- k) He shall alone keep the time during the additional Inning of Minimum chase.
- l) Referee will communicate and coordinate amongst officials.
- m) He shall be over all responsible for the smooth conduct of a match.

2. UMPIRE

The Umpires shall move in the Lobby and shall conduct the game. For any necessary reason, they can enter in the Play Field but they have to come back immediately without obstructing the progress of the match. The Umpires should give decisions by helping each other. The Umpire shall declare a Foul and compel Attacker to act up to rules. If there is any unfair means in the Ground, he can warn the concerned player/s verbally or show **Yellow Card** and bring it to the notice of the Referee for further action, if necessary.

3. POST UMPIRE

The Post Umpires shall help the Referee/Umpires to do the real time judgment when the Defender and Attacker both are near the Post.

4. SCORER

He shall note down and check the names and T-Shirt number of the players. He shall record the performance of the players of both the teams. At the end of the match, he shall prepare the Final Scores and result of the match. He shall get the Score Sheet duly signed by all the officials. After completing the Score Sheet, he shall hand it over to the Referee for checking and declaring the winner of the match.

5. ASST. SCORER

He shall record the order of the Defenders along with their batch. He shall keep a record of the Defenders who are OUT and asked them to sit in the place provided for them. He shall keep the record of the Attacker who has taken the score/put out the Defender.

He shall record the process of substitution. The Coach should inform him for desired substitution, mentioning the T-Shirt number of player/s being substituted OUT & IN. He shall inform the Referee and Scorer about the substitution being done.

6. TIME KEEPER-1

The Time Keeper-1 shall start the turn by blowing a long whistle followed by a short whistle, after getting the direction from the Referee. The end of the turn shall be declared by him also by blowing a long whistle. He shall enter in the Lobby and declare the completion of each minute of play loudly by raising his arm holding a time indicator above head so as to display to all concerned.

7. TIME KEEPER-2

The Time Keeper-2 shall keep the time record of Bonus Point to be given to Defenders and assist to the Time Keeper-1.

NOTE: After the start of a match, if any of the official/s is unable to officiate for any reason, the remaining officials shall manage the officiating till the end of the turn. If the official is unable to resume the work, a new official will replace him.

The officials for a match shall be appointed by the competent Authority and shall function under the guidance of the Referee.

PART VI

SCORING IN KHO KHO

KHO KHO FEDERATION OF INDIA									
TOURNAMENT:		VENUE:		LEAGUE / BRACKET:		MORNING		EVENING	
DATE:		COURT NO.:		MATCH NO.:		CHOICE - DEFENCE / CHASE		TOSSED BY - A / B	
SECTION - SENIOR		CATEGORY: MEN / WOMEN		V/S		TEAM B :		NAME OF PLAYERS	
TEAM A :		DEFENCE - TURNS		ATTACK - TURNS		TEAM :		ATTACK - TURNS	
SHEET NO.		TEAM A :		TEAM B :		TEAM :		ATTACK - TURNS	
NAME OF PLAYERS		I		II		III		I	
TEAM A :		II		III		I		II	
TEAM B :		I		II		III		I	
TEAM :		II		III		I		II	
TEAM :		I		II		III		I	
TEAM :		II		III		I		II	
TEAM :		I		II		III		I	
TEAM :		II		III		I		II	
TEAM :		I		II		III		I	
TEAM :		II		III		I		II	
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TEAM :		I		II		III		I	
TEAM :		II		III		I		II	
TEAM :		I		II		III		I	
TEAM :		II		III		I		II	
TEAM :		I		II					

The following columns should be filled before the start of the match.

S.No.	Heads
1.	Name of the Tournament
2.	Venue
3.	Date
4.	Time
5.	Court No.
6.	Match No.
7.	League/Knock out
8.	Session
9.	Section
10.	Category
11.	Name of the Teams
12.	Name of the Players, Coaches and Managers of both teams
13.	Name of the officials

While filling the name of the players, the Scorer-1 will record the captains by writing the word "CAP" against the name of the captains. The Scorer-1 will also encircle the T-Shirt/Shirt number of the substitute players.

After the toss, the Scorer-1 will record the result of the toss and also the choice taken. The T-Shirt/Shirt numbers of the batches of the Defending team shall be recorded in the columns provided for that team. These numbers should be written in ascending order in that particular column.

DURING THE MATCH:

When a Defender becomes out Five columns have to be filled in namely the T-Shirt/Shirt number of the Defender, T-Shirt/Shirt number of the Attacker who scored the point, the actual running time, the personal timing of the Defender and how the Defender become out.

For all successive outs the same 05 (Five) columns should be filled in, however the personal timing of the Defender will be the difference between the running time and the time at which the last Defender was out.

For Sudden Attack personal timing column need not be filled in. In cases where Sudden Attack outs are made the personal time of the next Defender will be the difference between the running time and the time at which the Defender who is declared out before the Sudden Attack was out.

EXAMPLE:

- a) Running time at which, one Defender is out – 5 minutes.
- b) Running time at which, Sudden Attack took place – 5.30 minutes.
- c) Running time at which, the next Defender is out – 6 minutes.



Actual personal timing of the last Defender (C – A) = (6 mins. – 5 mins.) = 1 minute.

The Defenders who are Outs as **Not Entered in the Play Field** will also do not have their personal timing.

In case where Defenders are declared Out without being touched by an Attacker, the column indicating an Attacker who made the Out will not be filled in, but the way in which the Defender was declared Out will be recorded in the column “SYMBOLS”.

After the completion of every turn, the close of the turn will be indicated by drawing a outline/encircle to the column of the last Defender in action who remains not out. In that column the T-Shirt/Shirt number of the Defender in action will be filled in and his running time will be the difference between Seven minutes and the time at which the last Defender was declared out.

After the closer of the turn, the Points scored in that turn by the attacking team should be recorded in the relevant column.

DEFENSE TURN COLUMN:

The personal time of the Defender who had participated in that turn should be filled in. If the same Defender entered twice/thrice adjacent column against his name should be filled in. While entering the personal time of the Defender in action who remains not out, his timing should be encircled.

ATTACKING TURN COLUMN:

In this column the number of outs taken by an Attacker is indicated against his name in each turn. The columns Bonus, Boundary Out/Self Out, Retired and Warning should be filled in after completion of each turn (if required). When a warning is given, it is recorded in the Score Sheet against the name of the player in column – Warning.

SUBSTITUTE COLUMN:

When a substitution is made the T-Shirt/Shirt number of the outgoing player should be written in the top triangle and T-Shirt/Shirt number of the incoming player in the bottom triangle.

After the match, Grand Total of the Points are recorded. In the bottom most column, name of the winning team is recorded with Points difference/time left/conceded.




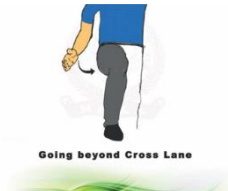

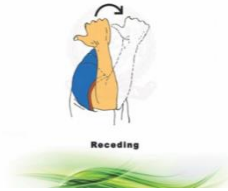
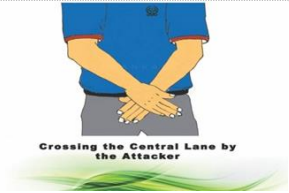
Remarks if any should be recorded, after that the Scorer-1 will affix his signature and then obtain the signatures of all the officials on the Score Sheet and then hand it over to the Referee for verification.



The Referee after scrutinizing the Score Sheet and affixing his signature will declare the winner of the match and hand over the Score Sheet to the Referee's Board.

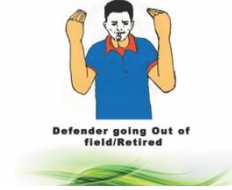
PART VII

SIGNALS IN KHO KHO

 <p>Starting the turn</p> <p>1. Starting the Turn</p>	 <p>Shoulder Line Foul</p> <p>2. a. Shoulder Line Foul b. Indicate proper direction</p>
 <p>Closing the turn</p> <p>3. Closing the Turn</p>	 <p>Going beyond Cross Lane</p> <p>4. Going beyond Cross Lane while giving Kho</p>
 <p>'OUT'</p> <p>5. Out</p>	 <p>Receding</p> <p>6. Receding</p>
 <p>Crossing the Central Lane by the Attacker</p> <p>7. Crossing the Central Lane by the Attacker</p>	 <p>Obstruction to a Defender by the Chaser</p> <p>8. a. Improper sitting in the Attacker Block b. Obstructing the Defender by the sitting Attacker</p>



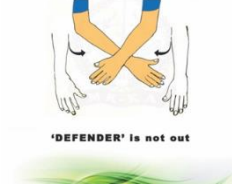
- 9.** a. Getting up early
b. Uttering Kho before touching the sitting Attacker



- 10.** Boundary Out or Out of Field



- 11.** a. Improper uttering of Kho
b. Kho or other similar word utter by the Attacker



- 12.** Not Out



- 13.** Kho not given after touching the sitting Attacker nearest to the Post (1st and 6th)



- 14.** Change of Direction