



KHO KHO
WORLD CUP INDIA 2025

EST:-2016

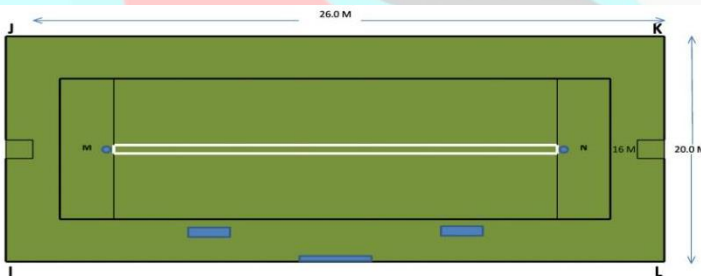
GROUND

The ground is rectangular and can be set up outdoor or indoor and is 26 x 20 Meters



PLAYFIELD

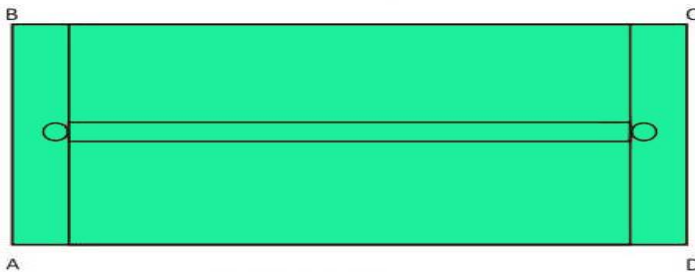
The area between points A, B, C & D is known as playfield.



POST

The Posts are strong, rigid and smooth made of wood or fibre. They are fixed in the Free Zone at right angles to the Post Lines at points M and N. Their height is 120 to 125 cm above the ground. They should have a diameter between 9-10 cm and must not be tapered. The top

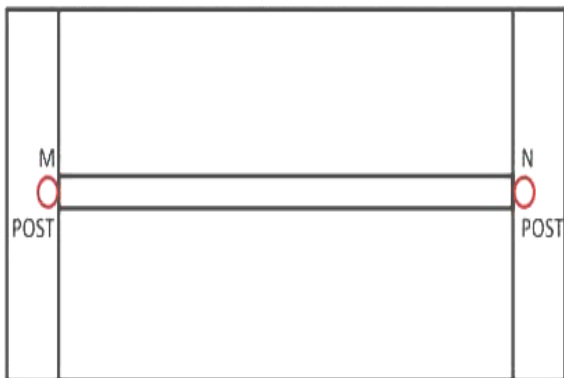
must be free from sharp edges. They may be painted any color, but white is preferred for visibility.



CENTRAL LANE

The Central Lane is a rectangular area between the two Posts, serving as a dividing line for the playfield. It runs longitudinally and splits the playfield into two equal halves and measures 19 meters x 40 cm.

(preferably white color).



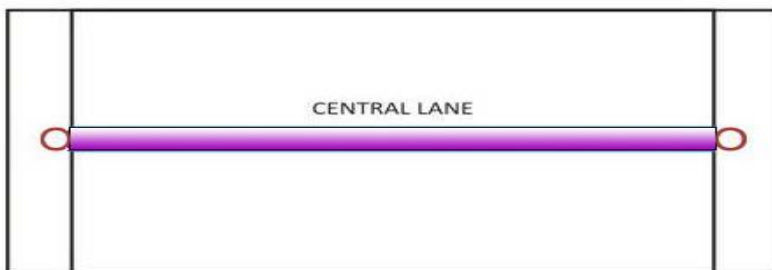
Height 120
to 125 Cms

Diameter

9 to 10 Cms

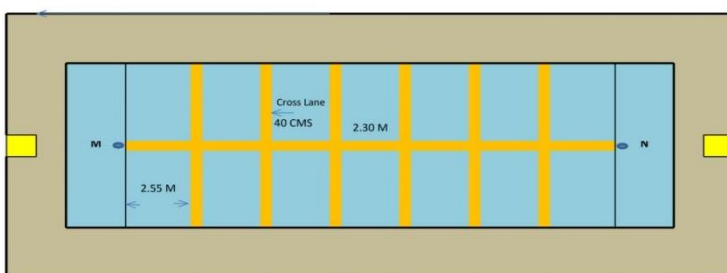
Circumference

28.25 - 31.4 Cms



CROSS LANE

Cross Lane is a rectangular strip that intersects the Central Lane at a right angle, dividing the field transversely. Dimensions are: 16 meters x 40 cm.



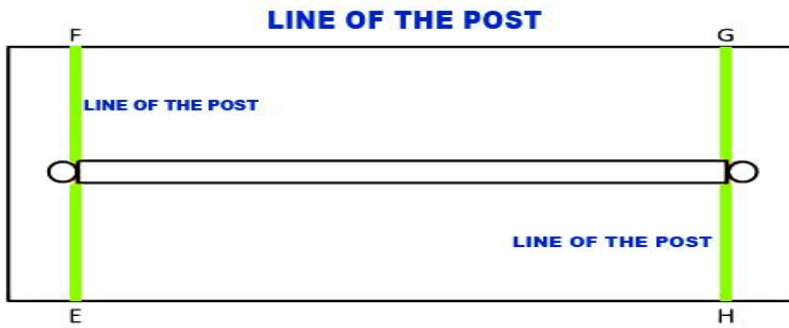
ATTACKER BLOCK. The Attacker Block is a square area measuring 40 cm x 40 cm, formed at the intersection of the Central Lane and a Cross Lane. A 3-5 cm wide line divides the bloc into two equal halves. Attackers are required to sit with their toes touching this dividing line. Distance between two adjacent Attacker Blocks is 2.30 meters and between the Post Line and the First Cross Lane: 2.55 meters.

LINE OF THE POST

The Line of the Post, also referred to as the Post Line, is defined as the line that runs at right angle to the Central

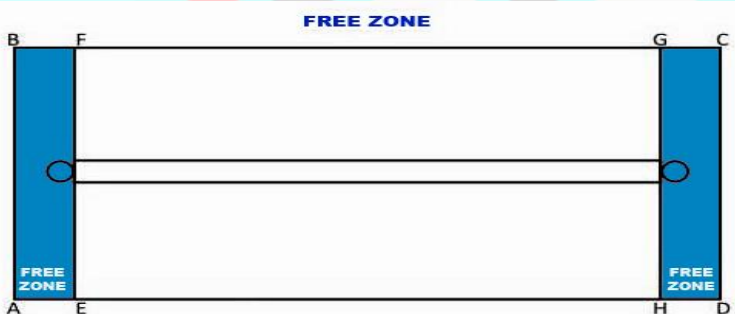
Lane and is parallel to the Cross Lane. This line is tangent (at a right angle) to the Post and is represented as EF & GH on the playing field.

Positioning: It is aligned parallel to the Cross Lane, providing boundaries for player movements and formations.



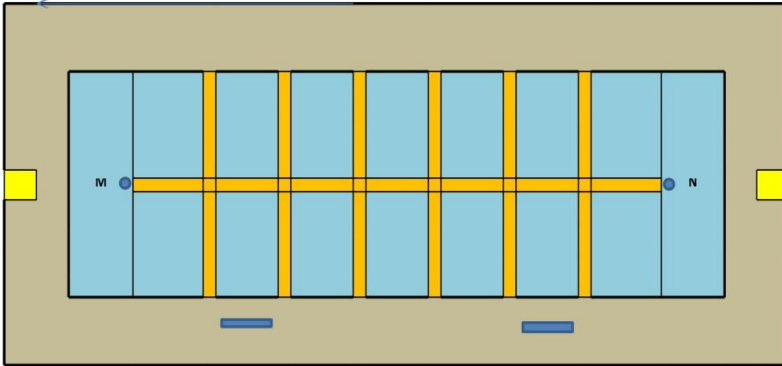
FREE ZONE

The Free Zone refers to the area of the playfield located behind the Post Line on either side. Its dimensions are 1.5 meters in width and 16 meters in length.



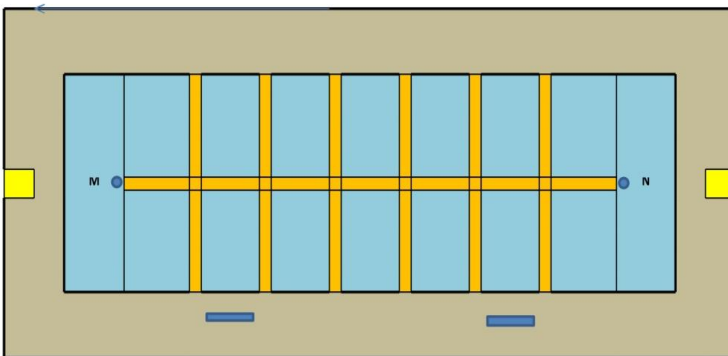
LOBBY

The area surrounding the Boundary/Playfield which measures 2 meters in width is known as Lobby.



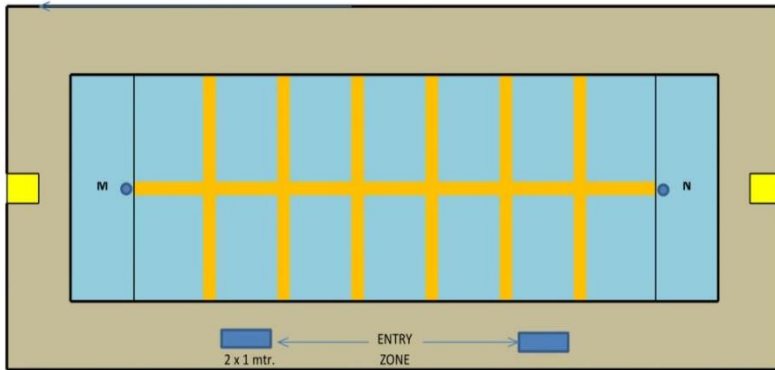
WIDTH OF THE LINES

Width of each line should not be less than 3 cm, and not more than 5 cm. All lines are included in the measurements except Post Line. The Post Line shall not be considered as part of the Free Zone.



ENTRY ZONE

The area marked in the Lobby 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 into the Playfield.



TEAM BLOCK/DUGOUT (A/B)

The area earmarked in the Lobby for Players, Coach, Asst. Coach, Manager and Supporting Staff on either side of the Boundary Lines is known as Team Block (A/B).



ATTACKER

A player who pursues the players of the opposite side (Defenders) to tag them is known as Attacker.



DEFENDER

The Player who is inside the Playfield and avoids being tagged is called Defender.

KHO

To execute a Kho an Attacker shall touch the back of a Sitting Attacker with the palm of their hand from behind and simultaneously or immediately utter the word “Kho” loud enough to be heard by the Referee, Umpires and Defenders.

FOUL

Violation of any Rule is known as Foul.

TO TAKE A DIRECTION

When an Attacker goes from one Post Line to another Post Line or after getting a ‘Kho’, if either Attacker’s foot goes

beyond Cross Lane or his shoulder turns/tilts towards a particular direction, that action will consider as he has taken as that direction.



TO RECEDE

The term Receding refers to a situation where an Attacker touches the area they have already covered while moving in a particular direction. Imaginary Line: The area covered during receding is measured using an imaginary line that runs parallel to the Cross Lane and aligns with the Attacker's rear foot. Direction: This imaginary line extends in the opposite direction of the Attacker's movement.

TO LEAVE THE FREE ZONE

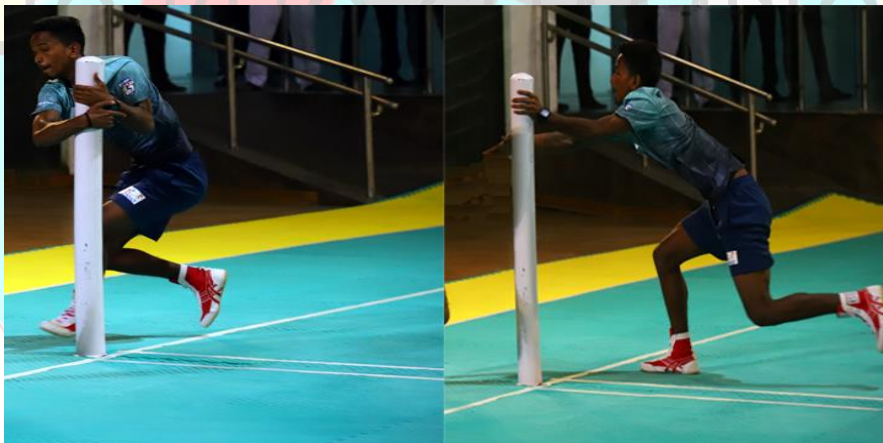
When an Attacker loses contact with the Free Zone they are deemed to have left the Free Zone. This can occur if the

Attacker steps outside the boundaries of the Free Zone while attempting to evade defenders or make a move.



TO REACH THE FREE ZONE

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



OUT OF BOUNDARY/OUT OF FIELD

When a Defender loses contact with the Play Field and enters the Lobby.



ENTRY

Defender is said to have entered the Playfield as soon as he comes in contact with the Playfield.



WAZIR

Wazir is an Attacker who does not need to abide by the rules applicable to the Attacker except Crossing the Central Lane.

POWER PLAY

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

SUBSTITUTE PLAYERS

The 03 players, who are part of the team but are not part of the active play are known as substitute players.

PROTEST

The complaint must be submitted within half an hour along with a Fee of US \$15.

POST UMPIRE/COACH ARENA

The area specially marked (2 M x 1 M) just behind the Free Zone in line with the Post on either side is known as Post

Umpires/Coach Arena. The Post Umpires will stand there during the play and Coaches shall stand there during the 30 seconds break period for giving instructions to the Attackers.

RULES OF THE GAME

Toss: The referee instructs one of the captains to call the choice of side when the coin is spun. The coin used must be sufficiently heavy to ensure a fair toss. After the toss, the winner must choose to play as Defender or Attacker. No captain is allowed to touch or pick up the coin before the referee officially declares the winner.

Players: A minimum of 12 players are required for a team to participate in a match. At the commencement of a turn, the first Batch of three Defenders shall be inside the Playfield and remaining Defenders shall occupy the seats meant for them.



Attacker Regulations: No Sitting Attacker should stand in the Attacker Block during play. If they do, a verbal warning will be

given, and repeated offenses may result in a Blue Card penalty, leading to a one-minute suspension and immediate replacement by a substitute.

Interchanging Blocks: Sitting Attackers cannot interchange their positions with adjacent Sitting Attackers. Doing so is considered unsportsmanlike behavior, resulting in penalties for both, and potentially leading to a foul if either one receives a Kho.

Crossing the Central Lane: Attackers must not cross the Central Lane between the Posts to enter the opposite half of the Playfield or Free Zone. Touching the Central Lane is not a foul, but crossing it with any part of the body constitutes a ****Crossing the Central Lane Foul****. If the word "Kho" is uttered before the touch, or if any other word is used, it is deemed a foul.

Position Requirements: An Attacker's feet should not extend beyond the Cross Lane when Kho is being given. The front foot doesn't need to touch the Cross Lane, and an Attacker can be in the Cross Lane but must maintain contact with it.

Post Dive: If the supporting foot of an Attacker skids back during a Post Dive, it is not a foul unless the Central Lane is touched or crossed.

Recourse: An Attacker cannot recede after committing to a direction, except under specific circumstances (e.g., stepping back on the Cross Lane).

Kho Transfer: After a KHO is given, the Sitting Attacker must immediately become an Attacker and proceed in the direction faced without obstruction.

Referees Discretion

If an Attacker commits a foul but does not gain any advantage, the foul may be ignored. Deliberate misbehaviour like pushing, pulling, or hitting a Defender will be penalized. A Defender cannot initiate contact with a Sitting Attacker to gain an advantage, and repeated offenses will lead to being declared out. If an Attacker pushes a Defender out following a foul, the Defender will not be declared out.

RULES ABOUT MATCHES

A team consists of 15 players out of which 12 will be take the field to participate in the match. The 3 substitute players remain on the sidelines and can replace any of the on-field players if necessary.

DURATION OF THE MATCH:

Innings. Each match consists of 2 innings. Each inning is divided into Attacking and Defensive turns, each lasting 7 minutes. There is a 4-minute interval after each inning and a 3-minute break between turns.

At the beginning of a turn, 3 defenders will enter the playfield as a batch. Once all 3 defenders of a batch are declared out,

there will be a 30-second break. The next batch of 3 defenders must enter within this 30 seconds; failure to do so results in a Late Entry declaration.

Match will resume from the post, indicated by the referee's whistle.

At the start of each new batch, the positioning of attackers at Attacker Blocks and the Post can be decided by the attacking team, regardless of their previous positions.

Defender Tagging: - If the attacking team fails to tag all 12 defenders in the first inning, any batch with untagged defenders will take priority entry in the second inning. The coach can decide the order of these batches if multiple batches remain untagged.

If the attacking team successfully tags out all defenders in the first inning, the defending team can change the order of their batches for the second inning.

If a defender enters the field out of turn during the 30-second break, they must be called back by the referee, who will replace them with the designated defender.

SCORING:

The Attacking team will get 02 (two) points for each Successful Out.

The Defending team will get 01 (one) additional point as Dream Run if any Batch survives for 3:00 minutes and plus 01 (one) additional point for every 30 seconds thereafter.

The duration of defending time of all the 03 Defenders who remains untagged or not out at the end of the Turn in the first Inning will not be counted for Dream Run in the Second Inning.

