

KHO-KHO

- A Team will consist of 8 Players. 6 on the field & 2 substitute.
- A match consists of 2 Innings. Each inning has 9 mins of Chasing & Defending.
- The chasing team sits on the field in a zig-zag manner along the central lane.
- One active chaser (attacker) runs to tag out the defending team (runners).
- Only one chaser runs at a time, while the rest sit facing alternate directions.
- The active chaser can Touch runners directly, or Use the word “KHO” to pass the chase to a seated teammate.
- A chaser cannot cross the central lane to change direction unless he passes the chase using "Kho".
- The chaser must give Kho from behind and touch the seated teammate on the back.
- The chaser can change direction only after giving a valid Kho.
- The 3 defenders enter the field at a time.
- Runners try to avoid getting touched by the chaser.
- Runners are declared out if They are touched by the chaser / They step outside the boundary / They break any rule (e.g., obstructing chaser illegally).
- FOULS : Giving a Kho from the front or touching incorrectly / Crossing the central lane without a valid Kho / Misbehavior or intentional obstruction.
- No Argument with the REFEREE, if it is followed then that team will be DISQUALIFIED from the Tournament.
- Only CAPTAIN can talk with the Referee incase of any clarification