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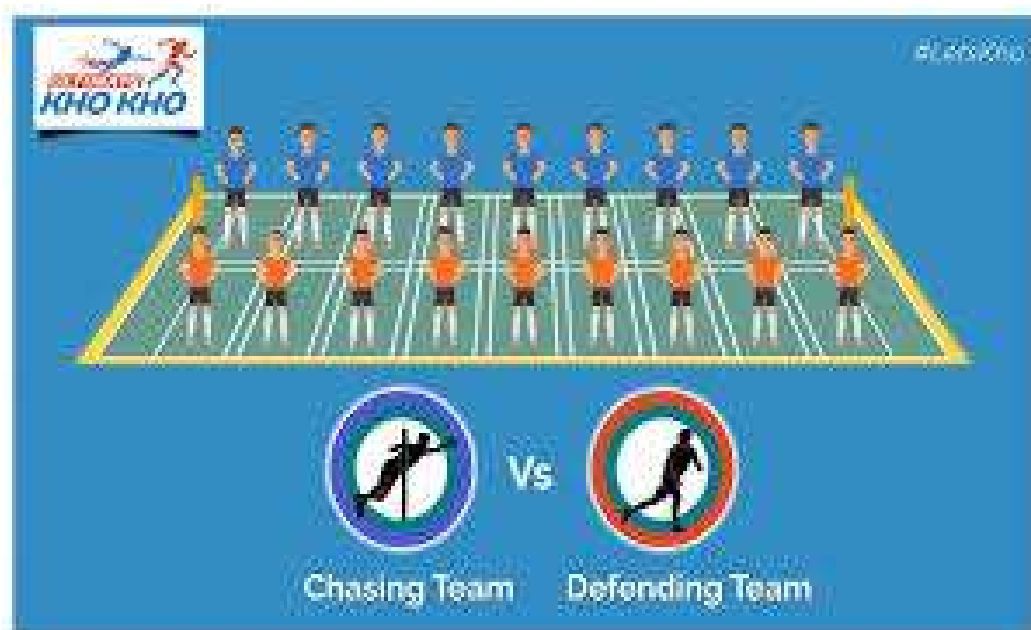
UAE CBSE CLUSTER CHAMPIONSHIP
KHO KHO

W<small>HAT ALL YOU NEED TO START PLAYING</small> K<small>HO</small> K<small>HO</small>?

- **2 TEAMS - 12 <small>PLAYERS EACH</small> (9 <small>PLAYERS PLAY ON THE FIELD</small>)**

- **P<small>LAYFIELD</small> – 27<small>M</small> * 16<small>M</small>**

- **P<small>OLE</small>- <small>WOODEN POLE FIRMLY ERECTED ON BOTH SIDES OF PLAYFIELD</small>**

RULES

- Mark the playing area with the chalk or string. Draw a line down the middle of the field and place the poles at each end of the dividing line.

- Divide yourselves into two equal teams (12 is ideal but not less than six). One team are the chasers and other, the defenders. Don't worry, you'll get to swap around often.

- The chasing team lines up on the middle line, facing in alternate directions. You can only 'chase' on the side of the pitch you're facing.

- The defenders enter the field in groups of three. Defenders need to avoid being tagged by a chaser and can run anywhere on the field. If you get tagged, you're out.

- The chaser at the pole starts and must try to tag one of the defenders on their side of the field. If a defender crosses the line to the other side, the chaser taps one of his teammates who is sitting facing the other direction and shouts "Kho!"

- The teammate must then try to tag the defender.

- Chasers can swap with a teammate every time the defender moves into the opposite side of the pitch.

- Chasers, your aim is to tag all the defenders quickly.

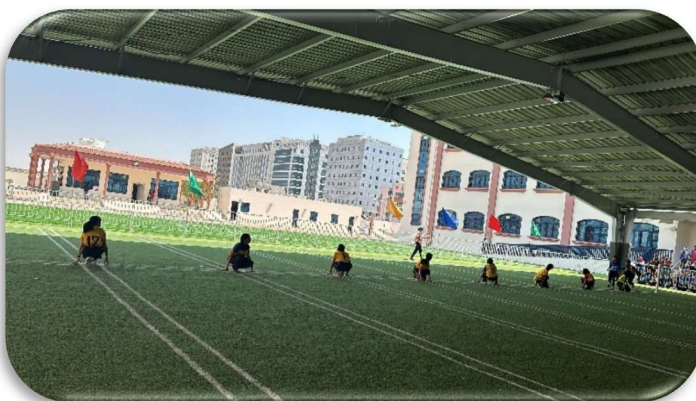- The team that gets the defenders out the quickest, wins.

BENEFITS

- ❖ **PHYSICAL FITNESS**

- ❖ **TEAMWORK AND COOPERATION**

- ❖ **MENTAL QUICKNESS**

- ❖ **SOCIAL INTERACTIONS**

- ❖ **INDIAN TRADITIONAL GAMES - HERITAGE PASSED ON TO NEXT GENERATIONS**

FUN FACTS

1) KHO KHO ORIGINATED IN THE MAHARASHTRA REGION OF INDIA AND IN THE ANCIENT TIMES WAS PLAYED ON CHARIOTS AND WAS CALLED RATHERA

2) KHO-KHO FEDERATION OF INDIA (KKFI), WAS FORMED IN 1955

3) CAPTAIN OF THE NATIONAL WOMEN'S KHO-KHO TEAM HAS BEEN PLAYING SINCE AGE 10

4) INDIA'S KHO-KHO TEAM BAGGED 2 GOLDS AT THE 2016 SOUTH ASIAN GAMES(SAG)

DON'T ASPIRE TO BE THE BEST ON TH ON THE TEAM. ASPIRE TO BE THE BEST FOR THE TEAM.

Thank You