



KHO-KHO(MEN & WOMEN)

- **Competition Rules**

1. Matches shall be conducted under the rules of the Kho-Kho Federation of India (KKFI) / International Kho-Kho Federation (IKKF), as adopted from time to time.
2. Any modifications by organizers will be notified in advance.

- **Match Format**

1. Each match = 2 innings per team.
2. 1 inning = 5 minutes chasing + 5 minutes defending.
3. Total duration = 20 minutes (excluding breaks).

- **Team Composition**

1. Each team = 12 players (9 playing + 3 substitutes).
2. A minimum of 9 players required to start a match.
3. During chasing: 8 players sit in the box + 1 active chaser on field.

- **Scoring System**

1. 1 point = each successful touch on a runner.
2. Team with maximum points = Winner.
3. If scores are tied:
 - a. Golden Chase Rule → Extra innings of 2 minutes per team (more points = winner).
 - b. If still tied → Toss decides winner.

- **Match Equipment**

1. Field dimensions
 - Men: 29m × 16m
 - Women: 27m × 16m
2. Poles must be wood/fiber glass and fixed properly at both ends of the central lane.



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- **Substitution Rules**

1. Maximum 2 substitutions per inning.
2. Substitution allowed only with referee's permission.

- **Team Line-Up**

1. Line-ups must be submitted before match start.
2. No changes will be entertained after submission.

- **Officials & Decision-Making**

1. Match will be supervised by:
 - 1 Referee
 - 2 Umpires
 - 1 Scorer
 - 1 Timekeeper
2. Referee's decision shall be final in all disputes.

- **Tie-Breaker (League Stage / Knockouts)**

1. In case of a draw in knockout matches:
 - a. Golden Chase (2 min per team).
 - b. If still tied → Toss decides winner.

- **Player's Uniform**

1. Jersey + shorts/tracks = Compulsory.
2. Shoes compulsory (non-marking preferred).
3. No player allowed without proper sports attire.

Note: Any change in the rules will be communicated to all the teams prior to the event.