



## THE TRADITIONAL INDIAN SPORTS KHO-KHO, WORTH TO BE INTRODUCED AT INTERNATIONAL LEVEL

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### Abstract:

#### Introduction:

Kho-kho is an ancient Indigenous traditional Game played at all parts / corners of India as a National game. Kho-kho based on natural principles of physical development, foster's a healthy combative spirit of term understanding. This game developing all motor qualities of a person / player's. A physically fit youth enjoys it and the spectators, who watch enjoy a thrilling sport to their satisfaction. The game can be played on any surface that suits open field sports.

This traditional game kho-kho slowly spreading in the neighboring countries like Nepal, Bangladesh, Srilanka, Bhutan, Pakistan. For a glorious entry into international sports arena very soon.

#### History of the game:

Kho-kho is said to have its origin in Akhara's (the wresting schools) and VyaamShalas (the health and fitness clubs) in Maharashtra, India. In 1918 Deccan Gymkhana prepared the rules and after research, it had been published. Rule book was published in conference held at Akola in 1938. Kho-kho federation if India is formed in the year 1958. Today kho-kho enjoys popularity at par with other games and sport, in the country and even abroad.

Asian kho-kho federation (A.K.K.F) was established in the year 1987, during 3<sup>rd</sup> SAF game held at Kolkata, India, the member countries were India, Bangladesh, Pakistan, Srilanka, Nepal, Maldives.

#### Leisure Sports Kho-kho :

At the very beginning the traditional game was being played purely as a leisure sports in India. There were no firm rules; the

player's were followed only three rules. Giving kho from back side, nearest sitting chaser's face and sitting position was opposite side, and active chaser was not allowed to run from the middle part of the central lane or crossing the central lane. The measurement of ground was not clear. All defenders were allowed to enter in the field to defense, fouls were uncertain.

The game was being played up to that extent, when only one defender remains in the field. Last remained (not out) player was declared as a best player.

This game was purely as a leisure sport in India, as it was being played on any available ground, courtyard of the house, on roads, anywhere, for recreation purpose.

#### The Game Leisure To Competitive:

Gradually after forming rules & regulations this traditional game kho-kho is being played as a competitive sports in India and in other countries like Pakistan, Sri Lanka, Bhutan, Nepal, Maldives, now the game is played according to following rules and regulations.

A team consists of 12 players, one couch, Manager and other supporting staff. However 9 players will take the field in the beginning of the match. The game is played in two innings. An inning will consist of chasing and defending turns which shall be of 9 minutes each for men / women and junior boys / girls. It shall be of 7 minutes for sub - junior boys / girls. Each match will consist of two innings. There shall be an interval of 6 minutes after an innings and 3 minutes break between two turns for men and women and Jr. boys / girls and for sub-junior boys / girls the same shall be 5

minutes and 3 minutes respectively, with these firm rules this game gradually became leisure to competitive.

#### **Conclusion:**

This game is awaiting to be played in India unlike kabaddi, cricket, wrestling, football professional because of its popularity players federations and those involves they are getting name, fame, and money, so it can happen in kho-kho game with its inclusion at international level too.

Following Benefits of the kho-kho game if it is introduced at international level:

- 1) Kho-kho the traditional game will get promotion in other countries.
- 2) This traditional kho-kho game can be played at every part of the globe as it needs less facilities and infrastructures.
- 3) The traditional kho-kho game can be base (in terms of physical fitness) for all games as there are all motor qualities involve in this game.
- 4) This traditional kho-kho game can bring Medals to India in International competition as it is played in india since century.
- 5) Players from other countries and India can get more exposure to participate in International competitions.
- 6) It can get popularity, if it is introduced on regular basis as a international game.
- 7) This traditional kho-kho game can be introduced at international level as this game is Non expenditure game and need no big facilities, infrastructure, Small ground can be utilized.
- 8) kho-kho traditional kho-kho game can be a Olympic game with the efforts of other countries with India.
- 9) This traditional kho-kho game is awaiting to be played in India unlike Kabaddi, Cricket, Wrestling, Football, leagues(professional) because of its popularity player's federations & those involve in this game's they are getting name fame & money. So it can be happen for Kho - Kho Game in India very soon.

#### **References:**

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