

Kho-Kho: Traditional aspects and Its New Trend

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Kho-Kho is a traditional indigenous sport play with high intensity or competitive skills and requires supreme fitness components. It's an enjoyable sport played without any specific equipment. It's difficult to find out the Kho-Kho origin but it was deep-rooted to Mahabharat. Modern trend of Kho-Kho started in 20th century without specific rules and regulations. Time to time as per the requirements many changes took place in the game format to make this game more interesting and enjoyable. Various authorities come under a common regulatory body KKFI. With yearly efforts, Kho-Kho made an identity on international level. Both fitness and health related components required to perform offensive and defensive skills in the game, which leads towards win. A new trend of Kho-Kho, the "ULTIMATE KHO-KHO LEAGUE" organized in year 2022. This league is an updated version of traditional aspects and format of Kho-Kho with upgradation in rules, format, duration and terminologies of the game. This league leads players towards professionalism.

Keywords: Kho-Kho, Indigenous sport, KKFI, Ultimate Kho-Kho, CHAKRAVYU, skills, fitness professionalism

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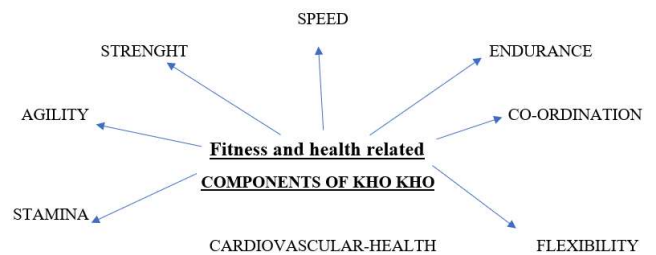
Kho-Kho is a highly combative, Indian traditional sport which requires varies physical and mental abilities to play. This game came into existence nearabout thousand years ago. Its unsure to determine the exact origin of this sport but according to experts some aspects of this game are rooted to "Mahabharata" where incident of CHAKRAVYU are closely related to certain tactics of Kho-Kho, like ring play is associated with fighting style of "Abhimanyu" to break the "CHAKRAVYU". In ancient times, this game was used to play on chariots, called "RATHERA". Afterwards, in 20th century, foot Kho-Kho was firstly started by local sports club (deccan gymkhana; Pune) in 1914. From 1914 to continues several years this game was played without specific rules and regulations. In 1935, Akhil Maharashtra SHAREERIK SHIKSHAN Mandal set a "NEW CODE" of some specific rules and regulations for the game. In 1957 the All India Kho-Kho federation was established. The first all India Kho Kho championship were conducted at Vijay Wada in 1959-1960. Awards like EKLAVYA, Jhansi Lakshmi Bai award, Janaki award and VEER ABHIMANYU award were started given to the players. Afterwards, the central government of India included Kho-Kho as a regular course at national institute of sports, Patiala. With the effort of both Government and KKFI, the game was demonstrated in Asian games festival and the first Asian championship was held in Kolkata,1996. Now a days this game is being a medal sport in various national and international tournaments. At present more than 25 countries have their own national teams.

The competitive sport played in a rectangular shape field which is 27m*16m(length*breadth) and equally divided by a 24m center lane from post1 to post2., 8 lanes crossing side to side from the central lane which makes sitting blocks for chasers. The distance between the post and first lane carries 2.55m and other remaining lanes carries 2.30m. the match contains two Innings with a mid-break of 6min. each Inning contain two turns with a break of 3min between them. The team is of 15 players (competition guidelines, KKFI 2022) in which 9 of them are playing set and others are substitute to cover-up the situations like injury and fatigue.

Skills:The necessity of game :-

Both the attacking and defending team shows the highly competitive skills to make the opponent down. Attackers perform certain

Offensive skills such as *Covering the CROSS lane, Pole drive, Dive, Tapping, Pole turning*, speedy and sudden *attacks*. While on the other side, defenders run in zig-zag path or uses other defending skills to be safe from the attacker touch or attack. Such Defending skills include: *Ring game, Chain game, Dodging, Avoiding the post, and Pulti*. while *Fundamental Skills* include Chasing skills- *Giving kho Take direction, Sudden change, Tapping, Diving, Fake Kho, Late kho*, and Running skills- *Position on the court, Running, Avoiding, Position near the post, and Dodging*.



THE ULTIMATE KHO-KHO: THE NEW TREND

The Ultimate Kho-Kho is the very updated version or all new version of the traditional Kho-Kho. It's an Indian Franchise-based Kho Kho league took place from 14 August to 4 September, consisting of 6 teams, held at *Shree Shiv Chhatrapati Sports Complex, Pune*.

The new league firstly supposed to launch in 2020 but covid challenges the franchise and it was not conducted. Next year in 2021, again increasing in no. of covid cases leads franchise to remain inside the walls. Finally in 2022 a platform completely arranged to conduct and broadcast the league on TV's. MR. AMIT BURMAN; chairman of Indian consumer goods DABUR promoted the India's first ever professional Kho-Kho league by collaborating with the KKFI. He invested 200 crore for a period of 5 years to promote the game and to get the game back on Indian sports map. SPNI's took responsibility to broadcast the league on tv's or digital platforms. Six teams took participation in the league and Odisha juggernauts

Won the first title of this league.

TEAM	OWNER	TITLE[S]	RUNNER-UP	PLAYOFFS	SEASON WON
ODISHA JUGGERNAUTS	ODISHA SPORTS DEVELOPMENT AND PROMOTION COMPANY	1	-	1	2022
TELUGU YODDHAS	GMR SPORTS	-	1	1	-
CHENNAI QUICK GUNS	KLO SPORTS	-	-	1	-
GUJRAT GIANTS	ADANI SPORTSLINE	-	-	1	-
MUMBAI KHILADIES	JANHAVI DHARIWAL, PUNIT BALAN	-	-	-	-
RAJASTHAN WARRIORS'	CAPRI GLOBAL	-	-	-	-

To make Kho-Kho more combative and enjoyable to both players and spectators, Various changes has been made in The Ultimate Kho-Kho league as compared to the traditional Kho-Kho. These changing aspect includes the rules and regulation of the game, playfield dimensions, no. of players in both attacking and defending strategies, duration of the game and a few new terminologies like WAZIR, POWERPLAY etc. it's just like a new version of Kho-Kho which attracts world-wide spectators toward India's own traditional sport. It took time to be successful in any field or occupation but this franchise got success in their efforts very early. Like Kabbadi, football pro leagues this new league of kho-kho makes new identity on national and international level. In first season of this league only boy's took participation, nearabout 143 players from all over the nation represent themselves in team of 6, under specific owners. Franchise thought to organizes Girls tournament in this league in upcoming seasons and also think about to increase in no. of teams. As compared to traditional kho-kho there's a lot of differences in the game. These differences make this new league more interesting, aggressive or enjoyable as compared to kho-kho original game.

Traditional Kho-Kho	Ultimate Kho-Kho
<ul style="list-style-type: none"> ➤ Field- 27m*16m [Length * Breadth] ➤ Central lane-24m*30cm[L*B] ➤ Cross lane-16m*35cm ➤ Attackers block-35cm*30cm ➤ Free Zone-1.5m*16m ➤ Post height-120-125cm ➤ Players-15[as per new guidelines of KKF] ➤ Duration- inning- midbreak- inning (9-3-9min - 6 min - 9-3-9min) ➤ No powerplay and not any directional advantage to any chaser ➤ Three batches of defenders, pair of three in one batch ➤ No. of chasers-9 ➤ Not any bonus points to runners and chasers 	<ul style="list-style-type: none"> ➤ Playfield- 22*16m[Length*Breadth] ➤ Central lane-19m*30cm[L*B] ➤ Cross lane-16m*40cm ➤ Attackers block-40cm*40cm ➤ Free Zone-1.5m*16m ➤ Post height-120-125cm ➤ Players-15 ➤ Duration- inning- midbreak- inning (7-2-7min - 3min - 7-2-7min) ➤ Powerplay and have directional advantage to special active chaser(Wazir) ➤ Four batches of defenders, pair of three in one batch ➤ No. of chasers - 7 ➤ Have bonus points for both runners and chasers

CONCLUSION: Kho-Kho is a game of competitive skills and enjoyable to everyone. Kho kho is indigenous game as well and many have played this game from childhood and in schools. kho-kho is always be a trending sports in our country. Many changes and development took place in the game from time to time to make Kho-kho more valuable and a source of recreation for all players as well as spectators. The new ultimate league is appraisable effort of KKF and the franchise to make our indigenous game famous at global level. As in old trend of this game it's just a medium of enjoyment to the spectators as well as players. But ultimate league or new trend of kho-kho leads game towards professionalism. Players from ground level dreams about to play in this league and make their new identity at national or international level. This league set a new trend in the field of kho-kho in which players think about professionalism instead of just pleasure. This new trend makes game more interesting and combative as all rules are made to make it more vigorous and competitive. Thus compared to old trend, this new version of kho-kho is more worthy.

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