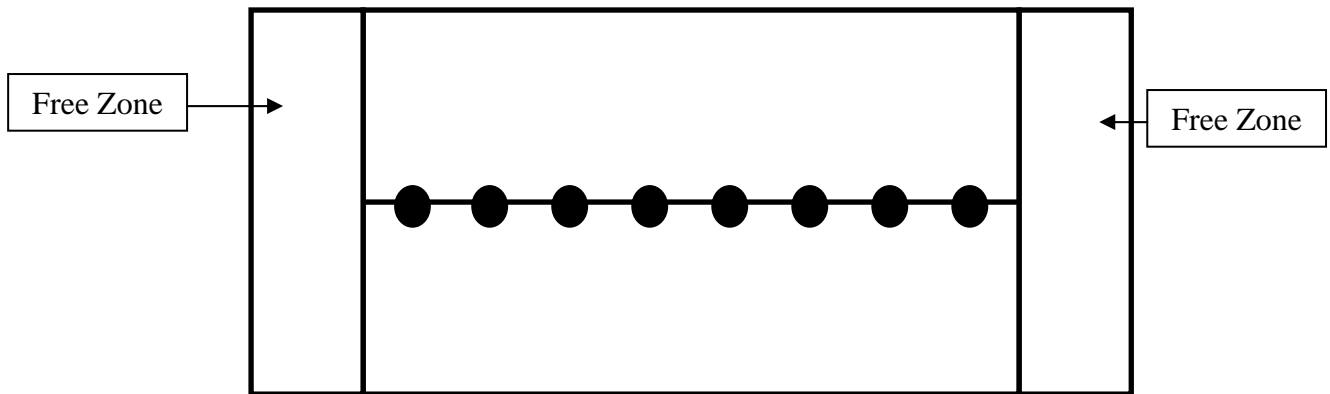




CV Hindu Cultural Society Information Sheet



Kho-Kho



There are 9 players on each team. Teams take turns to chase and run.

Eight chasing players (represented by the dots) sit on the central line as shown above. Adjacent chasers must face opposite halves of the pitch.

The ninth player of the chasing team is the **active chaser**, whose objective it is to touch or tag one of the **runners** (from the running team). The running team sends three runners onto the pitch. The active chaser is not allowed to cross the central line so must use a free zone (marked above) to move between halves of the pitch.

When a runner is tagged he is out. A runner is also out if he steps off the pitch. When all three runners are out, another batch of three is sent from the running team; this must be done within 5 seconds. If the active chaser steps off the pitch, 10 seconds are taken off the clock. When the next three runners are out, the last three come on.

The innings is 9 minutes long, so the chasing team have 9 minutes to tag 9 runners. And the running team must try to lose as few runners as possible in this time.

In the second innings, the teams switch roles (running and chasing). The winning team is the team that tagged the most opposition players.

The active chaser can, at any time tap a sitting chaser and say, 'kho' simultaneously. The sitting chaser then becomes the active chaser and pursues the runners, and the previous active chaser sits down. This is called **giving kho**.

The running team can be harassed continuously by the chasers giving Kho to one another and catching the runners due to their skilled planning and timing. Just when a runner feels secure, the sitting chaser in front of whom he may have paused for breath, may get the tapping-signal and pounce upon him. He never knows when he is safe.



CU Hindu Cultural Society Information Sheet



Lagori

There are two teams.

One team tries to break a set of seven tiles with a small ball while the other team tries to get them out- by either catching the ball in an unsuccessful breaking attempt or by hitting them with the ball after the set is broken. The breakers must put back together the set before being hit by the ball, if they are to be declared winners.

Possibility 1: the pile of stones is struck

- Members of the 'breaking team' have to replace the stones within the circle as they were in the beginning.
- The opposition team has to collect the ball and try to hit members of the 'breaking team'.
- If the 'breaking team' manages to arrange the stones before their team gets hit (by the opposition team), then the 'breaking team' gets **1 point**.
- Traditionally it is a practice to shout "**Lagori**" after all the stones are arranged inside the circle.
- On the other hand if the opposition succeeds in hitting any member of the breaking team before they arrange the stones, then the opposition gets to continue the game. This means that a member from the opposition team gets to strike the stones.
- **All Out!** If the 'breaking team' hits the stones and if the ball is caught by the opposition before the second bounce, then the opposition takes over the game. Which means that a member from the opposition team gets to strike the stones.

Possibility 2: the pile of stones is NOT struck

- Immediately, the members of the opposition have to try to catch the ball at the first bounce itself.
- If the ball is caught, the player from the 'breaking team' who threw the ball loses his turn and another player of the 'breaking team' will be given a chance.
- If the opposition *fails* to catch the ball on the first bounce, the same player will be given two more chances to strike the stones.
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This will continue until all the players of the 'breaking team' are out and the opposition will then be given a chance to strike.



CV Hindu Cultural Society Information Sheet



Gilli-Danda

Two wooden sticks are required for this game.

Gilli - a small wooden piece tapered at both ends.

Danda - a long stick two feet long and one-inch in diameter, like a round ruler.

A small circle of four feet diameter is drawn. In the centre a small oblong shaped hole is dug which should be smaller than the gilli.

Two teams are formed. One bats and the other fields.

Fielders stand in a position from where they can catch the gilli. The first player places the gilli in the hole and lifts it quickly high in the air with the danda and then strikes it. If he fails at first, he gets another turn. If the fielder catches the gilli before it touches the ground, the batsman is out and the second player tries to hit the gilli. If the gilli is not caught, the distance from the hole to the place where the gilli falls is measured with the danda. Each danda equals one point.

The fielder stands where the gilli had fallen and tosses it to the batsman. The batsman tries to hit the gilli while it is in the air. If it falls, he taps the tapered end and lifts it in the air and strikes while it is in the air. He gets three chances to hit the gilli. If he does not hit it, or is caught, he is out.

The game continues till all batsmen are out. The team changes side and continues the same way. The team with higher score wins.

Kabaddi

Two teams compete with each other for higher scores, by touching or capturing the players of the opponent team. Each team consists of 12 players, of which seven are on court at a time, and five in reserve. The two teams fight for higher scores, alternating defense and offense.

The side winning the toss sends a 'raider', who enters the opponents' court chanting, 'kabaddi-kabaddi'. The raider's aim is to touch any or all players on the opposing side, and return to his court in one breath. Any person whom the raider touches will then be out.

The aim of the opposing team will be to hold the raider, and stop him from returning to his own court, until he takes another breath. If the raider cannot return to his court in the same breath while chanting 'kabaddi', he will be declared out.

Each team alternates in sending a raider into the opponents' court. If a player goes out of the boundary line during the course of the play, or if any part of his body touches the ground outside the boundary, he will be out, except during a struggle.

A team scores a bonus of two points when the entire opposition is declared out. The game then continues by reinstating all the players on both sides.

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