

Course Code	Course Name	Credits
26PE011	Theory of games (Kho-Kho, Kabbadi, Throwball TENNIKOIT)	04

Course Objectives

- Introduce the history, origin, and development of Kho-Kho, Kabaddi, Throwball, and Tennikoit.
- Explain court/field dimensions, layout, and marking procedures of indigenous games.
- Understand rules, regulations, and their interpretation in selected sports.
- Apply knowledge of officiating systems, duties, and scoring procedures.
- Analyze the organizational structure of sports bodies at national and international levels.

Learning Outcomes

Upon successful completion of this course it is intended that a student will be able to:

- Understand the historical development of indigenous games.
- Apply knowledge of field/court markings in practical settings.
- Interpret rules and regulations of Kho-Kho, Kabaddi, Throwball, and Tennikoit.
- Analyze officiating roles, signals, and scoring systems in games.
- Evaluate the role of sports organizations in game promotion and management

Unit 1- Title of the Unit

History Origin and development of Kho-Kho, Kabbadi, Throwball, Tennikoit

Unit 2- Marking Layout & markings of field / court – Kho-Kho, Kabbadi, Throwball, Tennikoit

Unit 3- Rules and Regulation Rules and their interpretations of Kho-Kho, Kabbadi, Throwball, Tennikoit

Unit 4- Mechanics of Officiating - Duties of officials - official signals, system of officiating, score sheet - Duties and powers of officials - Kho-Kho, Kabbadi, Throwball, Tennikoit

Unit 5- Sports Bodies -International, national and state level sports bodies. I, Indian - Organizational setup of various sports bodies.

Reference Books:

1. *Bal Gangadhar Tilak (1914)*: Historically significant as the first formalized rulebook for the modern era, published via the Deccan Gymkhana club in Pune.
2. *Amitabh Satyam & Sangeeta Goswami (2022)*: A modern reference that includes Kho-Kho and its links to the Mahabharata.
3. *C.V. Rao (1971)*: Published by the National Institute of Sports (NIS), this remains one of the core technical references for coaching
4. *Dr. I. Karikalan (2014/Revised editions)*: A modern guide used by physical education students to understand Pro-Kabaddi rules and offensive/defensive strategies.
5. *Kabaddi Federation of India (1923/1950)*: The initial formalization of rules in 1923 is a key historical milestone
6. *Clara Gregory Baer (1910/1914)*: Since Throwball evolved from Newcomb Ball, these early publications in the *Spalding Athletic Library* are the root historical references.
7. **Throwball Federation of India (TFI) Rulebook** (Updated periodically since 1985): This is the primary authority for the competitive version of the game played in India
8. *Tennikoit Federation of India (TFI)* (Established 1976): The primary reference for the "Indian style" of play, which is highly popular in Southern India.
9. *D.C. Mujumdar (1950)*: While it covers many sports, it is an excellent historical reference for the "indigenization" of games like Tennikoit in the early 20th century.