

# KIN-BALL® sport



**ITS GOAL:** Encourage people to practice physical activities regularly.

**ITS VALUES:** Health, cooperation and sportsmanship.

**ITS RULES:** Promote fair play and teamwork.

**THE SPORT:** An easy-to-learn activity, due to the giant size and lightweight of the ball

## Sport Outline

- Three teams of three different colors (blue, grey and black).
- Four players of each team playing simultaneously.
- Players of the defensive team form a square around the ball. This same square constantly follows the ball. Each player is responsible of a corner of the court and is placed at about 10-12 ft from the ball ("square" formation). The four players must maintain the team's square formation.
- The server has to say "OMNIKIN®" and the color of an opposite team, of his choice, before hitting the ball.
- The designated team has to catch the ball before it touches the floor:
  - If the called team succeeds, then it is its turn to serve the ball to one of the two opposite teams.
  - If the called team fails, the other two teams get one point each and the team at fault puts the ball back into play and serves back to one of the two opposite teams.
- This is a time-regulated game. The team with the most points at the end wins the game.

FOR MORE INFORMATION, VISIT:

[www.kin-ball.ca](http://www.kin-ball.ca)

# KIN-BALL® Sport Basic Rules



## The hit (serve):

- A player cannot hit twice in a row.
- The hitter must say “OMNIKIN®” and the color of an opposite team before hitting the ball.
- The ball must be hit at a minimum of 6' in distance.
- The trajectory of the ball must be parallel to the ground or in an upward angle; never in a downward angle.
- Three members of the same team have to be in contact underneath the ball before the serve.
- Once the first player in defence is in contact with the ball, the team has ten seconds to hit.

## The court limits:

- The walls.
- The ceiling.
- All fixed objects (like basketball hoop).

## Scoring:

- Whenever a team commits a fault, the two other teams get one point each.

## Voluntary obstruction:

- A point is given to the other teams if a player blocks another player intentionally.

## Involuntary obstruction:

- No points are given; the team who has hit must hit again.



## Some Advanced Strategies

### The fake hitter:

- Three players hold the ball. The fake server is about to hit the ball. While running towards the ball, he shouts “OMNIKIN®” and the color; fakes his hit when he touches the ball and the true server hits.

### The feint:

- Change hitting techniques.
- Change hitting trajectory.

### The pass:

- Just like running with the ball, passing from team-mate to team-mate allows a team to choose a strategic offensive position. Usually, the player who passed the ball to his team-mates will be the one hitting.

Training sessions and educational tools (rulebook, instruction manual, lesson plans, educational videos) are available to help you introduce the activity in your PE class.

KIN-BALL CANADA

Web Site: [www.kin-ball.ca](http://www.kin-ball.ca) E-mail: [pjhamel@kin-ball.ca](mailto:pjhamel@kin-ball.ca) Phone: 514 252-3210.