



# KINBALL

## *Cheat Sheet*

### ROSTERS

- There are 6 players on the court, with a minimum of 2 females
- The minimum number of players required in order to not default is: *4 total players including at least 1 female*

### GAME PLAY

- Games Coordinators (GCs) are present to facilitate the gameplay and monitor the action.
- A game is 60 minutes in length: two 25-minute halves, a 5-minute warm-up and half-time.
- Mercy will be called when one team gains a lead of 20 points. The score will freeze and teams are encouraged to play the rest of the game for fun.
- Ties are allowed in regular season.
- *There are no court lines for Kinball.* The entire gym floor is considered the court.
- If the ball hits a wall, it is considered dead. Teams cannot intentionally hit to a wall. If a team hits the ball into the wall, they lose a point.
- A serve will start the game and also occur after a point is scored
  - 2 members of the serving team hold the ball in the air. The server then yells “Kinball” before hitting the ball.
  - The server must hit the ball with 2 hands and the ball has to travel at least 8 feet in an upward or outward direction (cannot hit downwards).
  - You cannot have the same server twice in a row, rotate through the team with each service.
- Each player on the team is responsible for defending a corner about 5 to 8 feet from the ball.
- The receiving team has to work together to stop the ball from touching the ground and gain control. The receiving team has 10 seconds to stop the ball and only 3 touches before they must serve back to the other team.
- Each player may only touch the ball once in a possession.
- Once the receiving team has had 3 contacts with the ball, the server has only 5 seconds to serve back to the opponent. The same person cannot serve twice in a row.
- If you win the point, you keep the serve to begin the next point.
- Receiving players can control the ball with any part of the body except the head. Feet and legs are permitted.
- **Keywords:**
  - A team is called a “**cell.**”
  - Any sort of violation is called a “**fault.**”
  - When a receiving team touches the ball, it is called a “**contact.**”
  - Any technique used to prevent the ball from touching the ground is called “**raising.**”

### PENALTIES AND VIOLATIONS

- Players and teams are expected to call their own violations and fouls; although the GC will also confirm or deny violations and fouls.
- The receiving team cannot move their feet after they have had 3 contacts/touches of the ball. A “walking” violation is called if they move their feet after 3 touches.
- Each team only has 3 contacts, if more than 3 contacts are used prior to serving the ball back to the other team, the possession is given to the opponent and they will start a new rally for a point with a serve.