



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
- Regular Season: Ties are allowed
- *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
- 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

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