



# KINBALL

## Format & Key Rules

Rules & Format	Details
Roster	<ul style="list-style-type: none"> <li>• 6 players on the court, minimum 2 females</li> <li>• Each player on the team is responsible for defending a corner about 5 to 8 feet from the ball.</li> </ul>
Format & Timing	<ul style="list-style-type: none"> <li>• Teams play one giant game similar to soccer or hockey with a total score at the end.</li> <li>• The mercy score for Kinball is 20 points.</li> <li>• Games are split into 2 halves.</li> </ul>
Game start & Subbing	<ul style="list-style-type: none"> <li>• One team will start with the serve- winner of rock, paper, scissors</li> <li>• Subs should be made when your team gains the serve after a point has ended</li> </ul>
Playing Area	<ul style="list-style-type: none"> <li>• <i>There are no court lines for Kinball.</i></li> <li>• The entire gym floor/field is considered the court.</li> <li>• If the ball hits a wall, it is considered dead. Teams cannot intentionally hit to a wall. If the offensive team hits the ball directly into a wall, they lose the point. If the defending team hits the ball into the wall, they lose the point.</li> </ul>
Playing Rules	<ul style="list-style-type: none"> <li>• To begin each point, 2 members of the serving team hold the ball up in the air. The server then yells “Kinball” before hitting the ball.</li> <li>• 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)</li> <li>• The same person cannot serve twice in a row</li> <li>• 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.</li> <li>• Once the receiving team has had 3 contacts with the ball, the server has only 5 seconds to serve back to the opponent.</li> <li>• Receiving players can control the ball with any part of the body except the head. Feet and legs are permitted.</li> <li>• 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.</li> <li>• If you win the point, you keep the serve to begin the next point.</li> </ul>
Keywords	<ul style="list-style-type: none"> <li>• A team is called a “Cell”.</li> <li>• Any sort of violation is called a “Fault”.</li> <li>• When a receiving team touches the ball, it is called a “Contact”.</li> <li>• Any technique used to prevent the ball from touching the ground is called “Raising”.</li> </ul>