

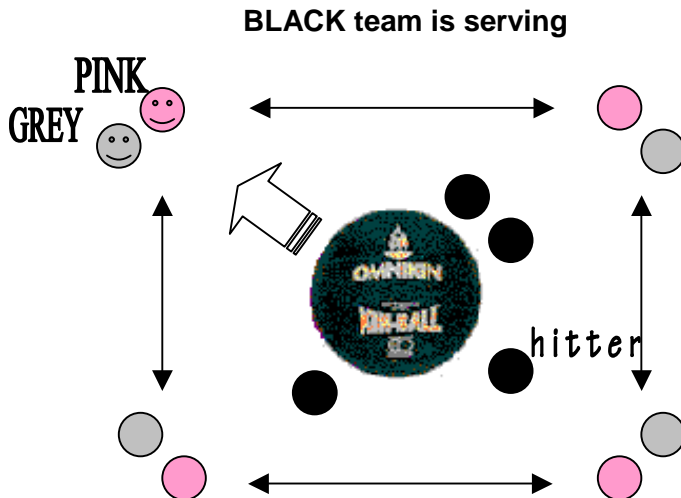
KIN-BALL[®] Sport

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- Its goal:* Encourage people to practice physical activities regularly.
- Its values:* Promote co-operation and sportsmanship.
- Its rules:* Promote fair play and teamwork.
- The sport:* An easy-to-learn activity, due to the size of the ball and its lightweight.

Game Outline

- ❑ Three teams of three different colors.
- ❑ Four players of each team playing simultaneously.
- ❑ Players of the defensive team form a square around the ball. This same square constantly follows all the movements of the ball. Each player is responsible of a corner of the square and is placed at about 10-12 ft from the ball. The four players have to maintain the team's square formation.



- ❑ The hitter has to say "OMNIKIN[®]" and the color of another team **before** hitting.
- ❑ The team called out has to catch the ball before it touches the floor:
 - If the called team succeed, then it is its turn to hit.
 - If the called team failed, the other two teams get one point each and the faulted team puts the ball back into play.
- ❑ This is a time-regulated game; three periods of 15 minutes. If there is a tie at the end of the game, continue until there is a winner.

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 a team **before** hitting the ball.
- ❑ The ball must be hit at a minimum of 6' in distance.
- ❑ The ball must have an outward or upward slope; **never** in a downward slope.
- ❑ Three members of the same team have to be in contact with the ball before the hit.
- ❑ Once your team has had three contacts with the ball, the hitter has only five seconds to hit.

The playing area limits:

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

Scoring:

- ❑ Whenever a team commits a fault (like letting slip the ball), the other two 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 hitter 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 hitter hits.

The feint:

- ❑ Change hitting techniques.
- ❑ Change hitting trajectory.

The pass:

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



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