

***YR 5/6 KINBALL RULES***

*EVERYONE in your team must be in contact with the ball at the moment of impact ‘HIT’ (failure is missing a contact)*

*BEFORE the ball is hit, the word OMNIKIN must be said then the colour of the team wished to be attacked. (Failure is designation fowl)*

*The ball cannot be hit in a downward direction, and must travel a minim of 2 meters (downward hit /short hit)*

*OUT OF BOUNDS. Whichever team touched the ball last is responsible if the ball goes out of bounds.*

*If any part of a player is ‘in bounds’ and in contact with the ball, the ball is still in play.*

*A team has 10 seconds from the first touch, to set and HIT the ball.*

*5 seconds from a restart.*

*Any part of the body can be used to keep the ball in alive (in the air)*

*Junior games, the HITTER must use two hands, clasped (not interlocking fingers) using full length of forearm to hit the ball……. one arm hits will cause injury in junior players.*

*One or two players in contact with ball can travel in possession with it. 3 players in contact must be stationary until the ball is hit.*

*Player substitutions made in breaks in play with referee’s attention.*