

Intramural Kinball Rules



GOAL: Encourage people to practice physical activities regularly.

VALUES: Health, co-operation and sportsmanship.

RULES: Promote fair play and teamwork.

THE SPORT: An easy-to-learn activity, due to the giant size and lightweight of the ball

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 the moving of the ball. Each player is responsible of a corner of the court and is placed at about 10-12 ft from the ball ("square" formation). The four players have to maintain the team's square formation.
- The server has to say "OMNIKIN®" and the color of an opposite team, of his choice, before hitting the ball.
- 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 serve the ball to one of the two opposite teams.
- If the called team failed, the other two teams get one point each and the faulted team puts the ball back into play and serves back to one of the two opposite team.
- 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.

Basic Rules

The hit (serve):

- A player cannot hit twice in a row.
- The hitter must say "OMNIKIN®" and the color of an opposite 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 underneath the ball before the serve.
- Once your team has had three contacts with the ball, the server has only five seconds to hit.

The court 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