

A brief introduction to Kin-Ball in Schools



Kin-ball provides all children with the chance to participate, regardless of ability.

- Unique method of engagement for physical activity
- Suitable for players with disabilities
- Girls & boys can play on the same team
- Instils cooperation, team spirit and leadership
- Can be played in or outdoors
- Sport for KS 2 upwards / range of inclusive games from foundation stage
- Suitable for those who don't like conventional sports
- No team can dominate, all have an equal chance
- No special skills required
- Over 100 squat lunges carried out in any one game
- Helps develop sportsmanship & honesty

KIN-BALL was developed in Canada in 1986 by Mario Demers, a sports professor. The game has since developed into an international sport which is represented in the UK by the UK Kin-Ball Federation.

The Junior Sports Programme proposal will involve close cooperation with the federation and suppliers of the official Kin-ball equipment manufactured by Omnicin (R).

Primary School

Kin-ball for primary schools is fantastic, the ball is so unique it engages pupils straight away. Our range of games and schemes of work provide levels of high activity for every age group. At foundation and KS 1 there are a multitude of games and physical activities you can do with the ball. At KS 2 we recommend you start to play the sport of Kin-Ball as well as other games.

Kin-Ball is perfect for inclusion. Where other sports enable or exclude the individual because of size and ability, Kin-Ball is for everyone and the team can only achieve successes when they work together.

Secondary Schools

Traditional sports can polarise a PE or games lesson; there are many barriers to PE. Kin-Ball can overcome those barriers and your school can have full involvement in your PE lessons. Book a CDP training event for your school, order a starter pack and you're good to go.



The Game and basic rules

TEAMS:

- Each team will consist of four (4) players and must have a minimum of three (3) to participate. If participating with only three (3) players, during the serve two (2) players will hold the ball while the third player serves the ball; all other rules remain the same.
- Teams will be “open” meaning any combination of male/female players is permitted.

EQUIPMENT:

- Athletic shoes must be worn. No sandals, boots or non-athletic shoes will be allowed.
- Players may wear a headband made of soft pliable material. No other headwear will be allowed.
- All jewellery must be removed and cannot be taped over.
- Only Medical Alert bracelets and/or necklaces will be permitted, and must be taped to the body, leaving vital information visible.



FORMAT:

- Each game will be played with three (3) teams of four (4) persons against each other at a time.
- All games will be three (3) 12-minute periods.
- There will be a two (2) minute intermission between periods.
- The opening serve of each period will be determined by a dice roll between captains.



THE GAME:

- The game begins with one team serving the ball.
- To serve the ball, three (3) players hold the ball up while the fourth player yells “OMNIKIN” and the colour of another team and then hits the ball.
- The team whose colour was called by the serving team must catch the ball before it touches the floor.
- If the catch is successful, the receiving team serves.
- If the ball touches the floor, the other two (2) teams get one (1) point each and the receiving team serves.
- The ball is considered out-of-bounds if it touches the wall, overhead elements, team bench area, and/or any other physical obstacles surrounding the playing area. Please use caution near walls.

THE SERVE:

Three (3) members of the same team must be in contact with the ball so the fourth team member can hit it.

- The server must say “OMNIKIN” and the colour of another team BEFORE hitting the ball. Both must be said loudly enough that all three (3) officials can hear it - if not, it will be a fault against the serving team.

- The server must hit the ball with one or both hands and the ball has to travel at least eight (8) feet in an upward or outward direction.
- The ball may NOT be hit downwards.
- The same person cannot serve the ball twice in a row.

THE RECEIVING TEAM:

- The receiving team has thirty (30) seconds to stop the ball and serve it again.
- The receiving players can control the ball with any part of the body except the head.
- A maximum of two (2) players may be in contact with the ball while walking; 3 or more teammates moving with the ball will be a walking violation.
- A player may not “trap” the ball between his/her arms.

FAULTS:

- A fault by any team will result in one (1) point being awarded to BOTH of the opposing teams.
- If a team faults, they will be the next serving team.
- Any incidental contact of the ball, by a non-receiving team after first touching, will result in a replay. After first touching has occurred, the team who is responsible for the contact will be at fault.

THIS IS A BRIEF SUMMARY OF THE RULES AND APPLICATION OF THE GAME OF KINBALL PREPARED BY THE JUNIOR SPORTS PROGRAMME TRUST LTD FOR THE INFORMATION OF PARTICIPANTS AND SPONSORS.

FULL KIN-BALL RULES ARE AVAILABLE ON REQUEST.

PHOTOGRAPHS HAVE BEEN SUPPLIED BY KIN-BALL UK, THE OFFICIAL UK REPRESENTATIVE OF THE INTERNATIONAL KIN-BALL FEDERATION.

The Junior Sports Programme Trust Ltd, 28 Carre Street, Sleaford, Lincolnshire.

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ABOUT THE JUNIOR SPORTS PROGRAMME

The Junior Sports Programme was established by a small group of Lincoln Chartered Surveyors in 2006 and became a Registered Charity in 2008.

Since that time it has helped over 70 clubs, schools and individuals with equipment, medals, trophies and other forms of sponsorship.

These include: Bassingham Primary School, Birbeck School & Community of Arts College, St. John's Primary School, Carres Grammar School, Cherry Willingham Sports Partnership, Coleby Primary School, Friends of the Mount School, Helpringham Primary School, Kirkby La Thorpe Primary School, Metheringham Primary School, North Hykeham All Saints Primary School, North Hykeham family of Schools, North Kyme Primary School, Ruskington Chestnut Street Primary School, South Hykeham Primary School, St Peters C of E School, Stamford family of Schools, Swinderby Primary School, The Grove School, The Mount C of E Junior School, Thorpe on the Hill Primary School, Usher Primary School, Waddington Redwood Primary School, Yarborough School, Kesteven (Grantham) Rugby Club - Junior Section, Lincoln Rugby Club Under 15s, Newark Rugby Club - Junior Section, Sleaford Rugby Club - Junior Section, Southwell Rugby Club, Welbeck Tennis Club, Bassingham Tennis Club, Heighington Tennis Club, Caunton Lawn Tennis Club, Nottinghamshire Under 18s Boys & Girls Lawn Tennis Association, Lincoln Vulcans Swimming Club, Collingham Football Club, Newark Town Football Club, Lowlands Junior Football Club, Metheringham Under 12s Football Club, Arnold FC, Birchwood Colts Junior Football Club, Grove Rangers Football Club ■ Landold Juniors Football Club ■ Lincoln Sharks Disability Football Club, Wyberton Colts Junior Football Club, AFC Branston Juniors, Bilsthorpe Under 11s Football Club, Clayton Wanderers Junior Football Club, Holy Trinity Under 11s Football Team, Nottingham Forest FC Under 19s Academy Team, Pegasus Youth Football Club, Winthorpe & Coddington Tigers, Lincoln Colonials American Football Team, Sleaford Cricket Club, NSK Cricket Club - Youth Section, Worksop Cricket Club, Newark Rowing Club, Castle Grove Gym Club, Newark Hockey Club Otters & Beavers, Leadenham Hockey Club, Friends of the Mount Junior Netball Club, Lincoln City Netball Club, Environment Agency Reel Project (Get Hooked On Fishing), North Kesteven Sports Centre, Angels Dance Squad, The Trent Tornadoes U14 Basketball Team, South Nottingham College, Lindum Sports Association, Misson Tae Kwando.

Activities supported by the Junior Sports Programme have included: American Football, Archery, Athletics, Badminton, Basketball, Canoeing, Cheerleading, Cricket, Cycling, Dance, Disc Sports, Discus, Dodgeball, Fishing, Football, Golf, Gymnastics, Hockey, Individual Sponsorship, Kickboxing, Lacrosse, Netball, Pop Lacrosse, Rowing, Rugby, Show Jumping, Squash, Swimming, Table Tennis, Tae Kwan Do, Tag Rugby, Target Shooting, Ten Pin Bowling, Tennis, Tri Golf, Triathlon, Ultimate Frisbee.

For more information visit the JSP website :

www.juniorsport.co.uk

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