

## THE KIN-BALL

### **HISTORY:**

This sport was invented by a Canadian PE teacher called Mario Demers, in 1986. Despite the fact that it is still quite unknown in our country (only since year 2000), it already exists the “Spanish Kinball Association” and different championships and competitions are held all over the country. It’s very popular in other countries and in fact, the Kinball is likely to be an Olympic game in less than ten years time.



### **DEFINITION:**

The Kinball is a collective sport played by 3 different teams at the same time. Its goal is to throw the ball against one of the others teams and try that the ball hits the floor before that team can catch it.

### **ESTRUCTURE:**

- **Teams:** It's played by three teams wearing tops (or bibs) in different colours. Each team is formed by 4 players (but at the school we can adapt it and play with 7-8 players in every team). The teams must be mixed (girls and boys).
- **Equipment:** a huge ball of 1.22 metres of diameter and tops in 3 different colours.
- **Time:** A Kinball match lasts 45 minutes (divided into 3 halves of 15 minutes each)
- **Score:** Always get a point 2 teams at the same time. That means that when a team gets a point the other team who hasn't taken part in that move gets a point as well.
- **Pitch:** it is played indoors in a square court of 20 x 20 metres.

### **BASIC RULES:**

- To be allowed to hit the ball all players of your team must be in the “TRIPOD” position.
- The player who's going to hit the ball must say the key word “OMNIKIN + the colour of one of the other teams” (for example: Omnikin Blue) before hitting the ball.
- You're allowed to hit the ball only with your arms.
- To catch the ball you can use any part of your body. Thus you can kick the ball if necessary in order to avoid the ball hitting the floor.
- It's not allowed to throw the ball downwards. And it has to be thrown more than 1.83 metres far away.
- You can move holding the ball if you want (for example in order to get a best place to hit the ball) but you only have 5 seconds to do it.

### **KINBALL KEY WORDS**

SPANISH	ENGLISH
- Palabra clave OMNIKIN	- Key word OMNIKIN
- Posición básica “trípode”	- Basic position “tripod”
- Arrodillarse	- Kneel down
- Sujetar el balón	- To hold the ball
- Golpear	- To hit
- Coger el balón	- To catch the ball
- Lanzar hacia abajo	- To throw downwards
- Equipos mixtos	- Mixed teams
- Juego cooperativo	- Cooperative game
- Petos	- Bibs or tops
- Color	- Colour
- Límites del campo	- Court boundaries
- Fuera de los límites	- Out of bounds
- Espacios libres	- Free spaces
- Puntos	- Points
- Marcador	- Score
- Jugada	- Move
- Patear el balón	- Kick the ball
- Brazo, codo	- Arm, elbow
- Flexionado	- Bent
- Extendido	- Extended

\* **Omnikin:** this word must be always said before hitting the ball

\* **Tripod:** It's the basic position that all players of a team must adopt to be allowed to hit the ball. You must be knelt down and holding the ball over your head.