



The Official Kin Games 2024  
Athletics Package

**Coordinators: Jordan Lenko & Braeden Vavassori**

### **Important Notes:**

- We will be using the terms Assigned Female/Male at birth (AFAB/AMAB)
- Kin Games acknowledges that there are more than two binary genders and those terms such as “female players” and “male players” includes those who self-identify as female and male. We also invite everyone to recognize that a “minimum of two “AFAB players does not mean a maximum of two AFAB players.
- NO ALCHOL is permitted. No KGer shall participate in any athletic event under the influence of alcohol. Head Coordinators will be notified in the case of any suspicion of playing under the influence.
- You are not only representing your respective university, but the host school and the field of Kinesiology as a whole. Please be respectful of all vendors, volunteers, committee members, and facilities.
- \*\* The referees have the right to make amendments to the rules published in order to make the events run more smoothly. Any discrepancies regarding play and situations that are not documented in that respected Athletics Package will be decided by the Referee. If further guidance is required Jordan and Braeden will be contacted.\*\*
- Remember — WE. ARE. ALL. BESTFRIENDS!

**If you have any questions or concerns leading up to the conference, please contact**

**Jordan and Braeden at [athletics@kingames.ca](mailto:athletics@kingames.ca)**

## **Halo Ball**

We will be following the official Halo Ball rules taken from the Halo Ball website.

### **Before Play**

- Game begins with a jump ball.
- Total of ten (10) players on the court at all times (5 per school)

### **Game Length:**

- Ten (10) minute games in a fifteen (15) minute time slot (5 minute halves) \*extra time left over is for MVB awards.

### **During Play**

- Players holding the ball can't dribble, but can pivot, pass, shoot, take two steps or pass the ball to a teammate.
- Each time a player catches the ball they get a fresh two steps to take. Players can stop moving after taking either one (1) or two (2) steps.
- Players on offence who are not in possession of the ball are free to move around and get open
- In half court play, after a missed shot that touches the rim or line, players must take the ball back behind the three point line. This does not include the ball touching the net.
- If possession switches without the ball touching the rim or line then the other team can start trying to score immediately without having to take the ball back behind the three point line.
- Defensive players can only block shots or alley-oops when they are still going up or if the ball is still in a the offensive players hand.
- Defensive players cannot touch the rim or line ever (interference)

### **Scoring**

- Solo dunks, floaters, and layups = 1 point.
- Alley-oop layups, alley-oop dunks, and mid range jump shots = 2 points.
- Jump shots taken behind the three point line = 3 points.
- Possession switches after points are scored. The ball get checked up in a half court game behind the three point game and passed in from behind the line in a full court game.
- First to eleven (11) points wins. Win by two (2).

## **Other**

- There is no offensive goal tending rules so players can catch their teammates and dunk them
- No kicking of the ball.

## **Fouls Overview**

- Players must call their own fouls unless a referee or coordinator is present
- Most basketball contact fouls apply in Halo Ball (detailed below)
- All fouls and violations result in a change of possession and a re-check up top except for goal tending & interference which results in two points

## **Defensive Fouls**

- Fouls or violations the offence can call: Holding, Goal Tending, Interference, Illegal Contact
- Holding: Defence restricts a moving players, who is not holding the ball, motion by creating excessive contact, touching them with two hands
- Interference: Defence touches the line/rim, pulls on the net, or pokes hand through the rim.  
(Always a two point penalty)
- Goal Tending: Defence blocks a shot or pass suspended in the air on its downward arc.  
(Always a two point penalty)
- Illegal Contact Significant contact with a player holding the ball.

## **Offensive Fouls**

- Fouls or violations the defence can call: Travelling and Charging
- Travelling: Offence takes more than two steps, or dribbles the ball
- Charging: Offence runs into a set player or extends knee into a moving or non-moving player

## Seated Volleyball

Seated volleyball is a Paralympic sport designed for athletes with lower limb disabilities. The rules for seated volleyball are similar to traditional volleyball, with some modifications to accommodate players who are seated.

### Players

- Six (6) players per team (12 total on the court at one time).

### Game Length:

- Fourteen (14) minute games in a twenty (20) minute time slot (7 minute halves) \*extra time left over is for MVB awards.

### Court Dimensions

- Badminton court size (10m long by 6m wide).

### Net Height

- Pickleball net height (36inches at the sidelines and 34inches in the middle of the net).

### Game Format

- The game is played in best-of-five sets. The first team to reach 21 points wins a set, with the exception of the fifth set, which is played to 13 points (but a team must win by at least two points).

### Rotations

- Players must rotate positions after their team has won the serve from the opposing team.

### Touches

- Each team is allowed a maximum of three consecutive touches of the ball to return it to the opponent's side.

### Blocking

- Players are allowed to block the opponent's attack, but the block must be executed while the player is seated. Players are must refrain

### Attacks

- Attack hits must be executed while the player is in contact with the floor. Players are not allowed to lift their bodies off the floor during an attack.

### **Libero**

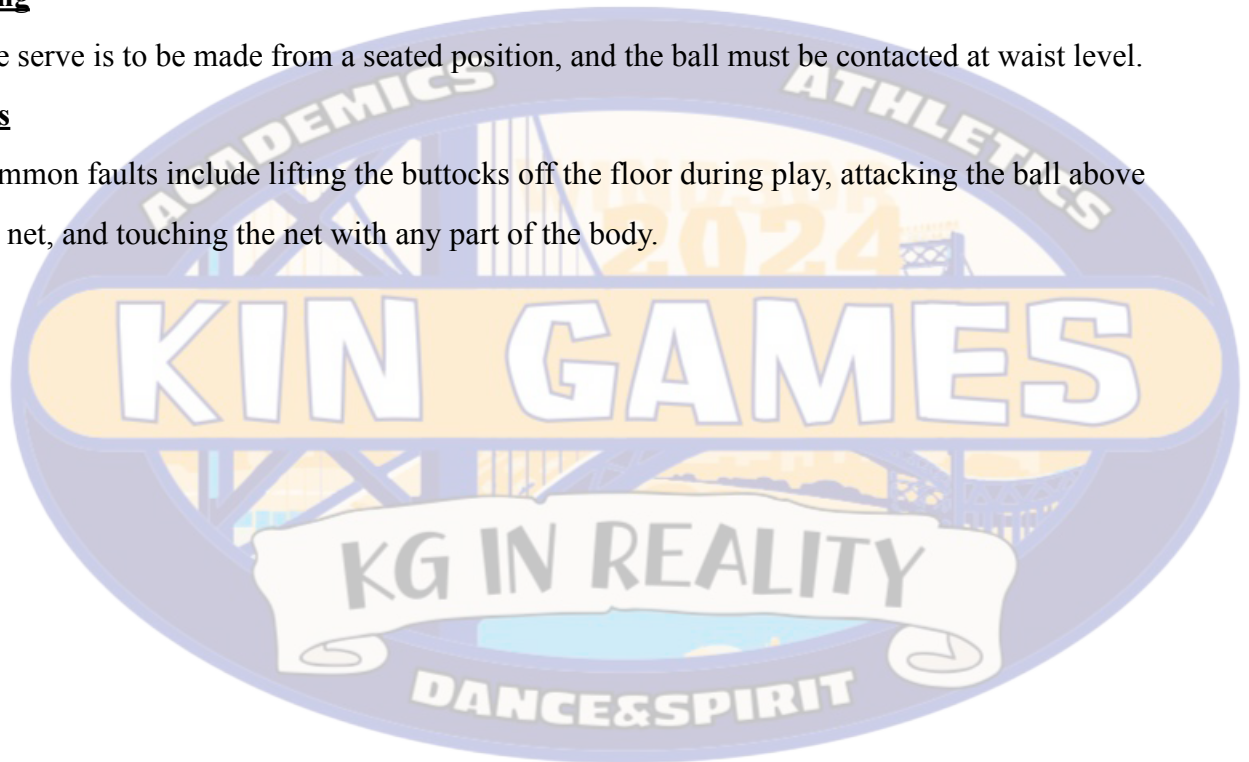
- Each team can designate one player as the libero, who is a defensive specialist. The libero is not allowed to attack the ball above the net and cannot serve, block, or attempt to block. If this player does any of the actions they're permitted from doing, it will result in a dead ball and awarded to the opposing team.

### **Serving**

- The serve is to be made from a seated position, and the ball must be contacted at waist level.

### **Faults**

- Common faults include lifting the buttocks off the floor during play, attacking the ball above the net, and touching the net with any part of the body.



## **Benchball**

A familiar sport for those who know their KinGames knowledge, this sport will take a lot of consideration to how each team will win. Enjoy, play smart and compete.

### **Objective:**

The game is over once everybody from your team is on the bench OR you eliminate the opposing team, by either hitting them with a dodgeball or catching a ball.

### **Game Length:**

- Fourteen (14) minute games in a twenty (20) minute time slot (7 minute halves) \*extra time left over is for MVB awards.

### **Team Composition:**

- Five (5) people on the floor, one (1) person on the bench (total of 6 players total) OR
- Match the amount of players against the team you are playing.
- If there is an odd number, please try to ensure that everybody participates in the game.

### **Court Size:**

- Players may not cross the centre line.
  - If a player crosses the line, they are considered eliminated.
- Teams are to remain on their side of the court and inside the boundaries until their teammate catches the ball thrown to them.
- Pylons will be placed on the sidelines.

### **Start of the Game:**

- Dodgeballs will be lined up along the centreline.
- Players are to lay on their stomachs until the referee starts the game with a whistle.

### **Gameplay:**

- One (1) participant will start the game on the bench.
- Players are to throw dodgeballs to their teammate up on the bench.
- Once a player successfully throws a ball to their teammate, that player runs through the court and joins their bench mate.
  - This continues until one team has their entire team on the bench.
  - The opposing team may use balls to toss up in the air to deflect the ball from making it to the opponent on the bench.
- Teams may throw dodgeballs at their opponents.
  - If a player is hit, they're eliminated and are to leave the field of play.
  - No headshots.
  - If a ball hits off the back wall and makes contact with an opponent, the ball is considered dead and the player is not eliminated.
- If a ball is caught, the team that caught the ball DOES NOT result in having an eliminated player brought back into play.

### **Points:**

- Each team will begin with one (1) point for having a player start on the bench.
- One (1) point is awarded to each player that gets on the bench.
- Each round win is one (1) point.
- Total points awarded at the end of each game played in the fourteen (14) minutes, goes towards your teams total points.



## **Omnikin Ball**

Created by Mario Demers, while at the University of Montréal, this fun and engaging game has been played around the world by millions of people. This sport is played with three teams on the court at once. This game requires a lot of teamwork and awareness. Have fun and bonne chance.

### **Objective:**

- Work together as a team against the other two teams and win the game.

### **Players & Equipment:**

- The 48" Omnikin Ball
- Four (4) players from each team (2 AFAB & 2 AMAB) for a total of twelve (12) participants

### **Scoring:**

- Teams acquire points by another team's fault
  - If team A doesn't catch and control the Kin-Ball before it touches the ground, teams B & C each get one (1) point.

### **Game Length:**

- Twenty (20) minute games in a twenty-five (25) minute timeslot (10 minute halves) \*extra time left over is for MVB awards

### **Start of the Game:**

- Referee will call forward one (1) representative from each competing team will determine to starts with the ball .
- Should team A start with the ball, they will shout out which team they will hit to, either team B or C.
  - Three (3) players from team A will kneel down with one one knee on the court with hands raised upward propping the Omnikin Ball up.
  - The other player from team A will shout out which team they're hitting to and strike the ball.

### **Receiving the Ball:**

- The team who was called out must receive the ball before it hits the ground in the same positioning that the first team was in when they started the game off.

### **Scoring:**

- A point is scored when the receiving team fails to properly return the ball (the ball hits the ground, the ball gets hit out of bounds, or a playing error occurs)
- The team that scores a point serves the ball after.
  - If Team A serves to Team B and they fail to return the ball, a point is awarded to Team A and Team C.
- If the striker calls accidentally calls out his/her own team a point is awarded to the other two (2) teams).

### **Rotation:**

- Teams can substitute players into the game on the fly, but must maintain 2 AFAB & 2 AMAB throughout the game, immediately after a point is scored.
- Please ensure everyone on your participates.

### **Fouls:**

- Shouting a team while making contact with the ball.
- Hitting the ball twice in a row.
- Hitting the ball in a downwards direction.
- Taking more than five (5) seconds to hit the ball after the other three (3) players are holding the ball up.
- Hitting the ball less than six (6) feet in distance.
- Purposely blocking an opponent.

### **Points**

- Winner gets three (3) points, second gets (2) points, third gets one (1) point.
- Should there be a tie, the two teams get two-and-a half (2.5) points. The third place team get one (1) point.
- If all three teams time, each team gets two (2) points.

### **Winning:**

- Most amount of points at the end of the twenty (20) minutes.

## Dual Lane Inflatable Obstacle Course

Battle against the obstacles and show them who's boss. Go get it 12's.

### Start of Race

- One (1) participant per team start in a pushup position away from the obstacle.

### Next Up:

- Once your teammate crosses the start line and make contact with the next participants hand can go.

### Winning:

- The total time your team takes to complete the obstacle course will be divided by the amount of participants.

