

Kinball



Kinball is an activity that is played with a very large, air-filled ball. The ball is 48" in diameter, but weighs very little. The object of the game is to hit it the other side of the gym without letting it touch the floor on your side.

Rules:

1. Players may hit it twice without another player hitting in between the hits.
2. The ball may be hit 4 times on each side.
3. There is no net, the sides are divided by the line in the middle of the gym.
4. The ball is thrown to the other side to start the point.
5. The ball may be hit in any fashion, but it may not be caught and thrown.
6. There are no boundaries. The ball may be played off the bleachers or the wall.
7. A team does not have to score to win the points.