



Dis+Abled

S P O R T P R O J E C T



GAME - OMNIKIN
TRADITIONAL AND ADAPTED **GAMES**
FOR SOCIAL INCLUSION AND INTEGRATION OF
PEOPLE WITH DISABILITIES AND ABLE-BODIED

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INTRODUCTION

The sport and subsequent OMNIKIN games originated in Canada in the 80s. According to the International KIN-BALL Sport Federation, KIN-BALL's values are cooperation, respect and sportsmanship.

PLACE OF PRACTICE

Omnikin is a sport that is gaining in popularity around the world, with more than 40 countries now playing either in schools or in organized teams. Kin-ball can be played by kids in school as well as adults in clubs.

HISTORY

Omnikin is a team sport created in Quebec, Canada in 1986 by Mario Demers, a physical education professor. Mario Demers founded Omnikin in 1985 to create a whole new team sport that complemented the very limited hours of physical education programs in schools.

Omnikin as a sport was invented by Mario after attending a festival during which a giant ball was thrown in the crowd and got people very excited; he thought that this could be an interesting idea to use to motivate people to get active.

Lots of work was involved in striking the right mix between the type of ball to be used and the specific sport that would galvanize participants to play. Over time, Mario fine-tuned the concept, and fellow professors helped develop the rules. Omnikin was then born.

Physical educators from different schools worked together to experiment with Kin-ball. In August 1987, the sport was constituted with official regulations. The number of schools across the province of Québec that tested out Kin-ball as an extracurricular activity rose from 10 in 1987 to 129 in September 1991.



DESCRIPTION OF THE GAME

Omnikin is in a class of its own. While it is akin to classic invasion sports, such as hockey, rugby, soccer, basketball and football, it differs in that all participants play the entire court. There are no individual offence and defence positions. In addition, more than one player holds the ball at any given time.

In addition, it democratizes sports. Because Omnikin is a relatively new game, as opposed to many other sports that were created a long time ago. With Kin-ball, everyone is on the same playing field. For example, if one player is good at basketball, it doesn't mean they will excel at Kin-ball immediately.

Finally, because participants don't have preconceived notions about Omnikin and their perceived lack of being good at it, they tend to start off playing more willingly. Since they haven't had a bad experience or "poor" performance in the past, players tend to be more willing to get in on the game, which can substantially facilitate the job of a PE teacher or educator.





RULES

I. Teams and Players

- Team Composition: Each team plays with four active players on the court.
- Uniforms: Players from each team wear jerseys of different colors to distinguish themselves.

II. Gameplay and Scoring

- Game Start: A match begins with an offensive team shouting "OMNIKIN!" and then calling out the color of another team.
- Serving the Ball: The ball is then hit inside the court using a body part above the hips.
- The Catch:
 - Three players from the named team must catch the ball before it hits the ground.
 - To be a valid catch, players must have both hands in contact with the ball and at least one knee bent.
- Scoring:
 - If the named team fails to catch the ball, the other two teams score one point each.
 - The fourth player from the named team (the one who failed to catch) then calls out the name of the next team to catch and puts the ball back into play.

III. Match Structure

- Periods: A match consists of three periods.
- Period Length: Each period lasts 7 to 15 minutes, depending on the age group playing.
- Period Start: At the start of each period, a player from one team stands at the center of the court, shouts "Omnikin," and then calls out the name of the team designated to catch the ball next.

INTEGRATION VALUES AND POSSIBLE ADAPTATIONS

Omnikin don't need large adaptation for people with disability. Rules are very simple and size of the ball is adaptable to potential disability of the player. It is a safe sport, the game ball is made of soft materials, so it is suitable for players with visual impairments.



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