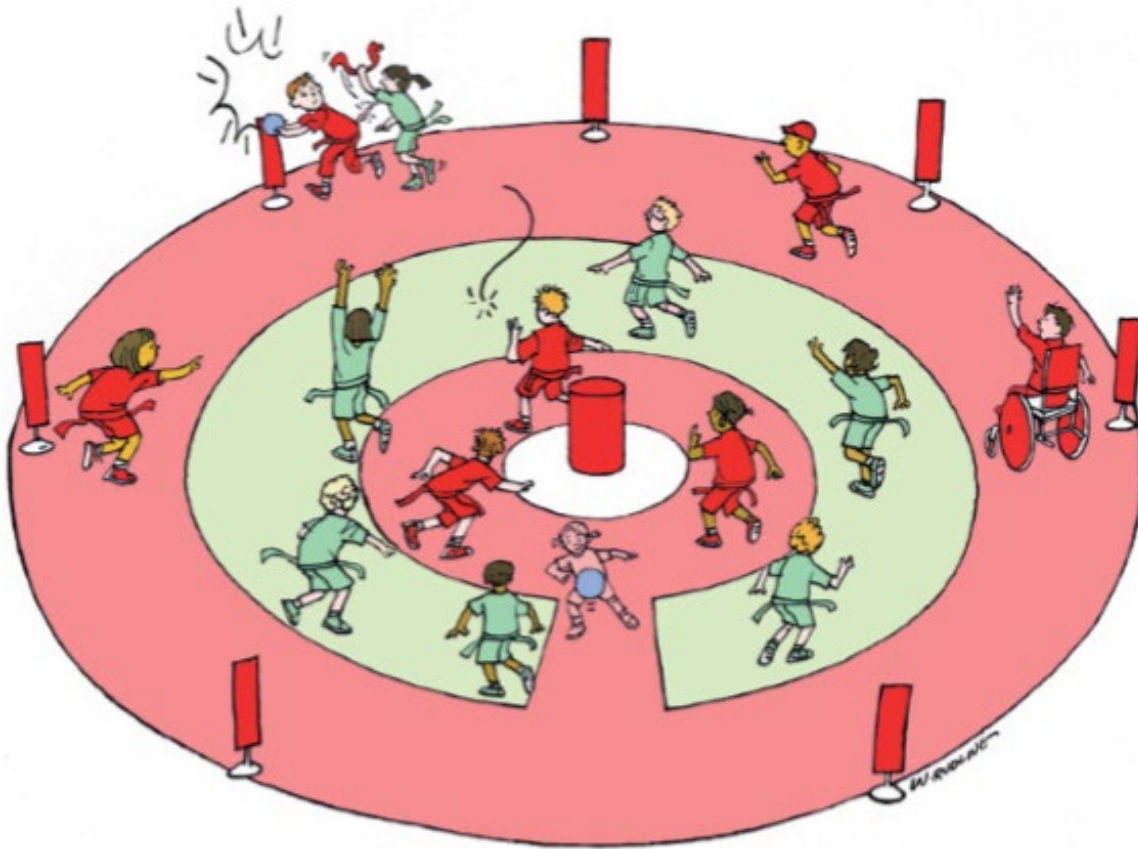


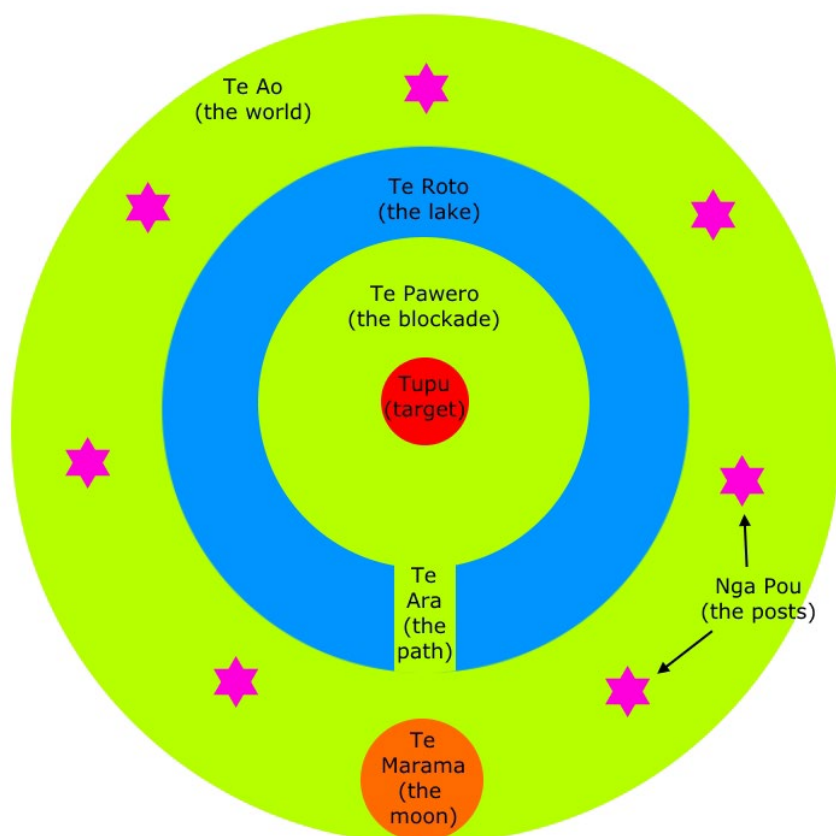
## Ki o Rahi Rules:



### General

- Ki o Rahi is a ball sport (the ball is known as the "kī") that is a combination of netball, handball and tag rugby.
- Games are 5 minute quarters with an immediate change at quarter time and a 2 minute break at half time.
- The sport is non-contact, but players wear a belt holding two Velcro tags around their waist. Shirts must be tucked in at all times.
- No watches or other jewellery are allowed to be worn during play.
- Appropriate footwear must be worn at all times – no metal studs, bare feet or crocs.
- In the case of a default, the non-offending team will be recorded as winning 5-0.

## Field Layout



## General Gameplay

- Players can run with the kī and pass it amongst their team mates in order to retain possession.
- Teams are mixed with 8 players on the field – four men and four women.
- Substitutions can be made at any point during the game but the oncoming player can only join in only once the departing player has left the field.
- Teams assume different roles and switch at the end of each quarter. One team are **Kioma** (ball carriers) and the other are **Taniwha** (creatures of the lake).
- Teams must be in possession of the kī in order to score points.
- **Kioma** accumulate points by scoring tries while **Taniwha** accumulate points by hitting the **tupu** (target) with the kī.
- The team without possession attempt to rip a tag/s from the opposition player who is holding the kī.
  - Once a tag has been ripped off, the player has 3 seconds to pass the kī.
  - If a player has both tags removed at the same time by one opposing player, it is a handover.
  - Players must have both tags on their belts before they can resume play. If a player does not have both tags on their belt and receives the kī, it is a handover.

## Kioma Gameplay

- At the start of play, **Kioma** are positioned as follows:
  - two players in **Te Pawero**
    - their job is to protect the **tupu** (only two allowed at all times)
  - five players in **Te Ao**
    - they score the points – more detail below
  - one player in **Te Marama**
    - begins the game before joining their team members in **Te Ao**
- The player positioned in **Te Marama** commences play by kicking the kī from their hands to their team mates in **Te Pawero**. Once they have done so, they join their team mates in **Te Ao**.
- Players from **Kioma** cannot go into **Te Roto** without the kī – if they do, it is a turnover.
- **Kioma** players can swap between **Te Pawero** and **Te Ao** but must do so through **Te Ara**. However, there can be no more than two players in **Te Pawero** at any time.
- **Kioma** score points by holding and touching the kī on **Ngā Pou** (the posts).
  - This gathers points but does not bank them
  - Points are only confirmed when a **Kioma** player crosses **Te Roto** holding the kī and places the ball on the ground inside **Te Pawero** (i.e. scores a try).
  - This is the only time during the game **Kioma** are allowed into **Te Roto**.
  - Once a player enters **Te Roto** with the kī, they must proceed to **Te Pawero** (i.e. they cannot turn back to **Te Ao**).
  - If a **Kioma** player in possession of the kī within **Te Roto** has a tag removed, it is a turnover and their accumulated points are lost.
  - As soon as possession of the kī is lost, the count goes back to zero.

## Taniwha Gameplay

- At the start of play, **Taniwha** are positioned as follows:
  - Five players within **Te Roto** whose job is to score points (only five allowed at all times)
  - Three players within **Te Ao** whose job is to defend **Kioma** when they are in possession
- While only five players are allowed in **Te Roto**, there is no limit to the number allowed in **Te Ao**. When **Kioma** gain possession, most or all players will go into **Te Ao** to defend.
- Within **Te Roto**, **Taniwha** are safe as **Kioma** cannot be in there without the kī.
- **Taniwha** attempt to gain possession of the kī by intercepting it or by removing both tags from a **Kioma** player with the kī.
- When in possession of the kī, **Taniwha** score points by throwing it at the **tupu**.

- Every time the kī hits the **tupu**, **Taniwha** are awarded a point. This includes accidental touches by **Kioma** players guarding the **tupu**.
- **Taniwha** only have 5 seconds to throw the kī at the **tupu**. The time resets after each shot attempt.
- **Taniwha** can only enter **Te Pawero** when jumping from **Te Roto** to attempt a shot at the **tupu**. They must release the kī before landing.