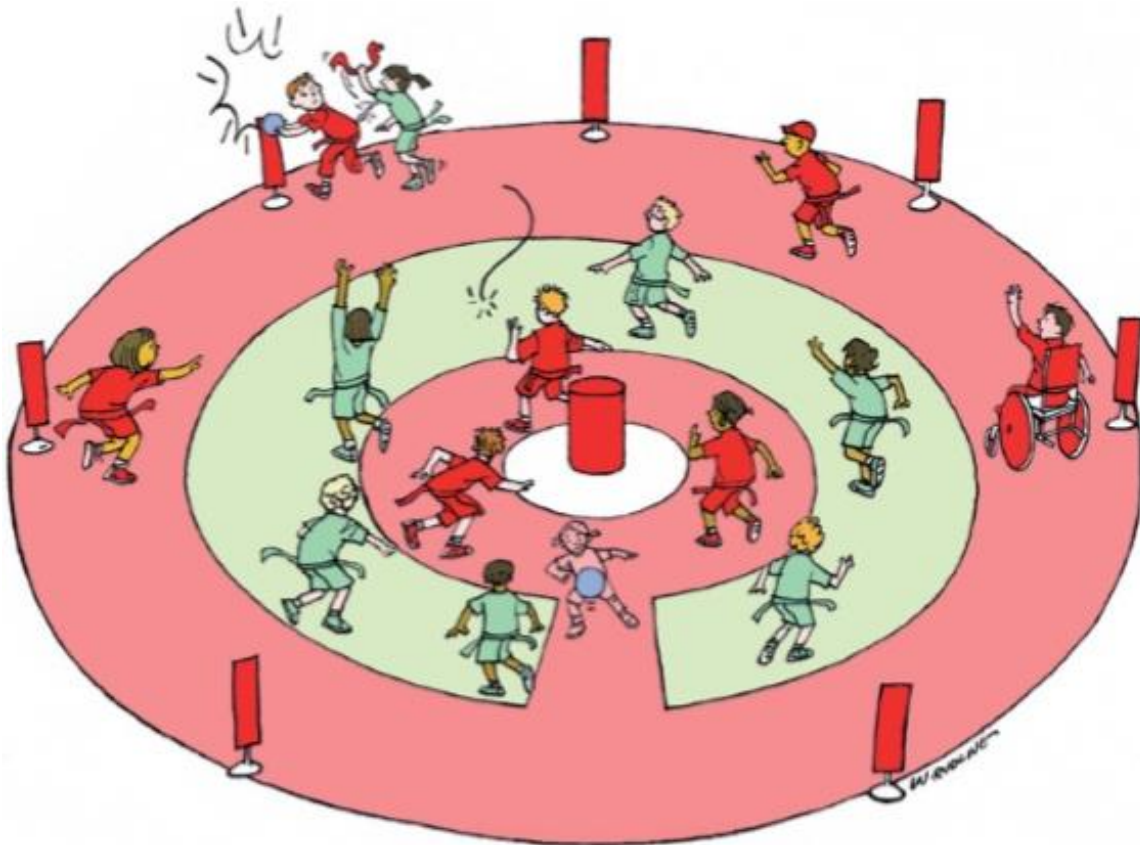




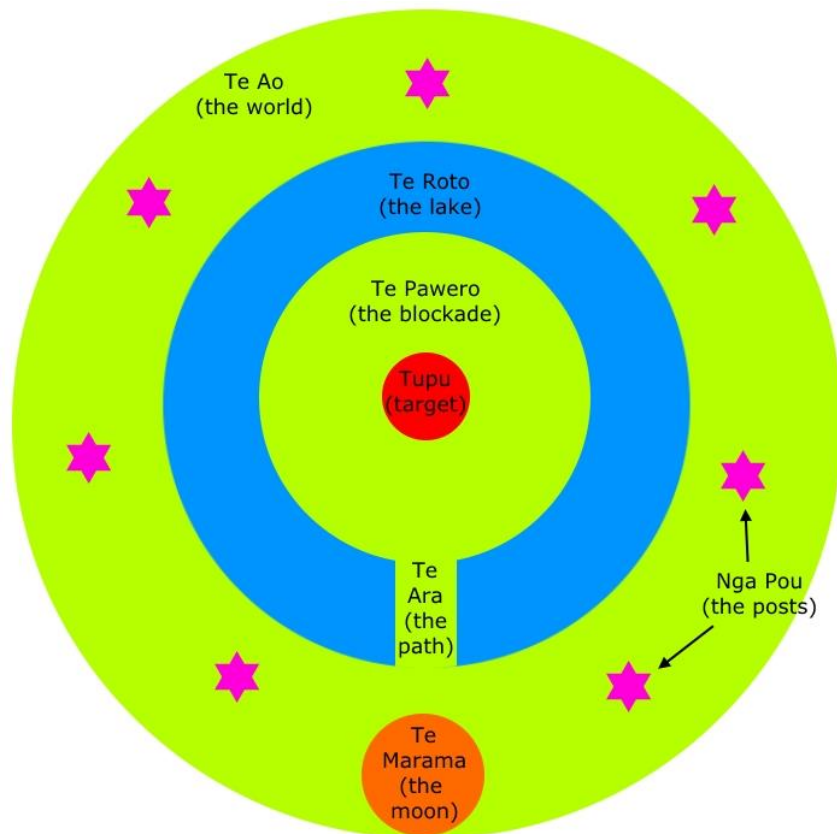
IFC Ki o Rahi Rules



General

- Ki o Rahi is a ball sport (the ball is known as the “ki”) 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.
- All players must wear black shorts. IFC multisport shirts will be provided and must be returned.
- Appropriate footwear must be worn at all times – no metal studs or bare feet.
- 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 male and four female.
- 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.
- A maximum of 12 players can be used per team per game.
- 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.

Standard IFC rules are as follows:

- Competition points: Win = 3 points, Draw = 1 point, Loss = 0 points.
- Final placings from 1st to 8th must be determined.
- No watches, earrings, rings or other jewellery are allowed to be worn during play.
- No person may take part in any match if they reveal any evidence of bleeding. If any person within the field of play shows any evidence of bleeding or exposure of an open wound that is likely to bleed or otherwise discharge body fluid they must leave the field of play without delay.