Knockerball Rules

1. Play to the Whistle

We will help each player into their Knockerball one at a time, and once secured in the ball please do NOT bump/hit anyone in or out of the Knockerball until the whistle is blown to start the match.

1. 3 Step Rule

You must be within 3 steps of the other person before you can bump them.

1. Do not hit people when they are down on the ground

When a player is knocked down, allow them to get back onto their feet, even if the soccer ball is near them. When you fall down, roll forward on to the knockerball and stand up onto your feet. This is especially important for back safety.

1. No Hitting into the Walls

I will be coaching the gameplay towards the middle of the field. Absolutely no hitting people into the walls.

1. Listen for my whistle and voice

I will be helping to guide the game on the field and also be available if anyone needs to stop for any reason. I will blow the whistle once to start the game, and any whistles blown after the game start mean players must stop the game immediately (no hitting after the whistle).

1. Play to the level of the smallest person  
   Everyone on the field must play to the level of the smallest person on the field to ensure the game is fun for everyone, and to keep all players safe.
2. You must play soccer  
   Knockerball is not a free-for-all. Players may not go around “head hunting” other players.
3. Hold the handles the entire time you are playing  
   Players must hold the handles the entire time during play, especially when the player is knocked into. Holding the handles ensures the player is secure in the ball.
4. Go out the bottom of the ball  
   It is very important for all players to exit the ball by laying on their stomach, putting their arms up, and going out the bottom. DO NOT try and go out the top of the ball as this could result in head/neck injury.