



Ki-O-Rahi Rules

Note: There are many different variations on rules throughout the country – these are the rules developed by Wiremu Mato for a ki-o-rahi tournament held in July 2009 on the North Shore, Auckland

1. 7 players per team on the field, as many subs as you want on the sideline.
2. At least 3 females on the field at all times (for mixed grade).
3. No tackling, pulling on clothes, etc for this particular event. i.e. non contact!
4. Once a tag has been ripped off, the player has 3 seconds to get rid of the ball – this applies to both teams.
5. Players must have both tags on their belts before they can resume play.
6. This is a very fast game so time-wasting will result in a handover to the opposition.
7. The game starts with ki oma kicking the ball from the “marama” zone into the 3 people in the pawero who throw it out again to their team members in the Te Ao zone (see attachment for powerpoint presentation).

Ki oma team (team defending the tupu)

No more than 3 players defending the tupu – they are allowed to join their team mates in the Te Ao zone but it must enter and exit through Te Ara.

Ki oma cannot enter the Te Roto zone (middle zone) unless they are running into the Pawero zone (centre zone) to score a point or they are in no way interfering with the run of play and are making an effort to get out of the Te Roto zone.

-Variation 2 is that ki oma lose all accumulated points if the ball (and ball carrier) enters the Te Roto zone and comes back out into the Te Ao zone.

A point is scored by the ki oma team when the pou (large cones or poles) is touched by the ball carrier(s) and the ball is carried from the Te Ao zone (outside zone) across the Te Roto and the player has placed the ball down (under control) in the Pawero Zone.

If a “try” is scored by ki oma, the restart goes back to the “marama” zone.

If a tag is pulled off by an opposing player while they are in the Te Roto zone, the ball will be handed over to the team attacking the tupu (taniwha team).

If ki oma lose the “ki” (i.e. taniwha gain control) and then regain the “ki” the number of pou touched goes back to zero.

Taniwha team (team attacking the tupu)

Taniwha team cannot enter the Pawero zone at any time

A point is scored by the Taniwha team when the ki touches the tupu (including own goals). The ball is still alive when the ball rebounds off the tupu – there is no restart.

Taniwha team have 10 seconds to throw the ball at the tupu from the time the ball enters the pawero zone