As per USQ Rulebook 8 section 5.3.2D, a player who is under the knockout effect must “attempt to avoid interacting with players or balls in any way.”

If you are beat before initiating contact, you do not get to continue momentum. If you are beat and you do not make every effort possible to avoid the initiation of contact from the moment you are beat, then you receive a yellow card. If you create sufficient momentum that you will not be able to stop when beat when in a position where you can reasonably expect to be beat, the inability to halt such momentum shall be regarded as reckless and result in a yellow card. Any momentum created when under a reasonable expectation to be beat is created at your own peril.

Examples of cases in which a player has a reasonable expectation to be beat include but are not limited to:

- Red beater charges blue beater who has a bludger.
- Red beater charges past blue beater who has a bludger while attempting to make a play on blue beater two’s ball.
- Red beater has a bludger and is standing next to red chaser who is at point. Blue chaser charges red chaser at point.

Cases in which a player would not have an expectation to beat would be:

- Blue chaser picks up a loose ball in his keeper zone, and seeing no opposing bludgers in front of him, attempts a fast break. Entering the opposing keeper zone, the player prepares to charge through a defending chaser; however, red beater recovers a bludger in blue teams’ keeper zone and strikes blue chaser in the back a fraction of a second before contact.
- Red chaser attempts to drive the ball to the hoops through a pair of blue chasers. Blue beater recovers a bludger behind red chaser and beats him in the back.