

INTRODUCING KORFBALL

THE MIXED GENDER SPORT

GAME DYNAMIC

- **Game Duration**
Two 30-minute halves with a 10-minute break.
- **Shooting & Scoring**
Players attempt to throw the ball into the korf (basket) from various distances while being defended. Shots require precision and strategy.
- **Passing & Movement**
Players must pass the ball to teammates since running while holding the ball is not allowed. Quick movement and teamwork are essential.
- **Defensive Marking**
Defenders try to block shots and passes by staying close to their opponent of the same gender, using positioning rather than physical contact.

BASIC RULES

- **No Dribbling or Running with the Ball**
Players must pass the ball to move it up the court; they cannot run while holding it.
- **Mixed-Gender Teams**
Each team has 8 players (4 men and 4 women). Two men and two women in each zone. Players can only defend against the same gender.
- **Zonal Play**
The court is divided into two zones (attack and defense), and players switch roles after every two goals.
- **No Direct Contact**
Physical contact, blocking, or aggressive defending is not allowed, making it a strategic, skill-based sport.
- **Scoring**
Points are scored by throwing the ball into a 11.5 foot high korf (basket), similar to basketball but without a backboard.

MORE INFO



SCAN ME

WWW.USAKORFBALL.ORG

KORFBALL

It's more than just a sport; it's a movement towards **INCLUSIVITY**, **TEAMWORK**, and **COMMUNITY**