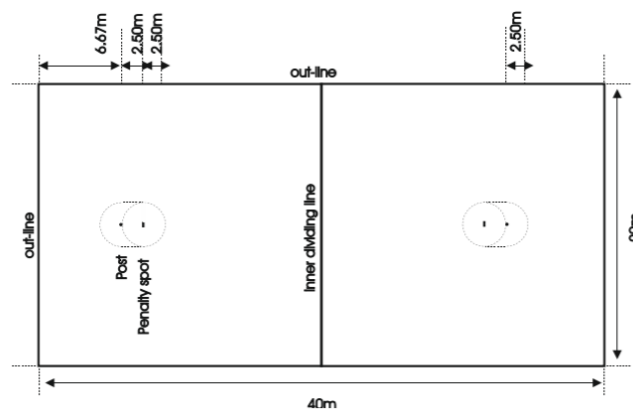




The basic rules of korfball

Korfball is a sport played by hand within a rectangular field of play whereby a team of four female players and four male players try to shoot a ball into a korf (basket). The players of the team are split into two zones, attack and defence, each consisting of two men and two women. After every two goals, the divisions switch so attackers become defenders and vice versa. The players can only defend players of the same sex.

The pitch contains of two zones with on each half a post with a korf. Between the two zones is an inner dividing line. The measurements of the pitch are 40 metres x 20 metres, the measurements of the zones are 20 metres x 20 metres. The post is situated 6.67 metres from the outline. In front of the post, at 2.5 metres, is the penalty spot. At 2,5 metres from both the post and the penalty spot are two circles drawn.



A korfball match consist of two halves and the overall objective is to score as many goals as possible by throwing the ball from above through the korf. The referee does not allow the goal in the following circumstances:

- If he has blown (or the signal has gone) for the end of a half of the match, however, if the ball has left the hands of a shooting attacker and was outside the reach of any other player at the moment that the whistle or signal goes, a goal stands if this shot passes through the korf;
- He has observed an infringement committed by the attacking side before the ball has gone through the korf;
- The ball has fallen through the korf following a throw from the defence zone of the attacking team or direct from a free pass or re-start
- He has previously observed an unfair advantage for the attacking side

The ball was first thrown from underneath the korf and had fallen back through the korf afterwards.

During the game it is prohibited:

- To touch the ball with leg (below knee) or foot;
- To hit the ball with the fist;
- To take hold of, catch or tap the ball when any part of the body other than the feet is touching the ground;
- To run/walk with the ball. It is only allowed to pivot on one foot when having the ball;
- Solo-play;
- To hand the ball to another player of one's own team;
- To knock, take or run the ball out of an opponent's hand;
- To push, cling to, hold off or hinder an opponent;
- To hinder an opponent of the opposite gender in throwing the ball;
- To play outside one's zone;

- To shoot from a defended position;
- To score from the defence zone of the attacking team or directly from a free pass or re-start;
- To influence a shot by moving the post;
- To take hold of the post when jumping, running or in order to move away quickly;
- To exceed the allowed time-limit in the attack zone (25 seconds without touching the korf or a score). This rule only applies in professional and international korfball.

If any of these rules has been violated, either a re-start is awarded to one of the sides, a free pass is awarded to the attacking side or a penalty is awarded to the attacking side.

A re-start is taken from the spot where the infringement was committed or where the person on who the infringement was committed was standing. The taker has four seconds to pass the ball, which has to travel at least 2.5 metres from the place of the re-start before a player of either team may touch it. It is not allowed to hinder the taker of the re-start.

A penalty is taken from 2.5 metres in front of the post. All of the other players must be at least 2.5 metres away from the post and from the penalty spot. This area is indicated by the two circles. It is prohibited to enter this zone until the ball has left the hand of the penalty taker.

A free pass is taken from the penalty spot, however, in this case, all the players except the taker must be 2.5 metres from the penalty spot. Further, the attacking players must be 2.5 metres from each other. After the whistle, the taker has four seconds to pass the ball to a team-mate, who isn't allowed to touch the ball, nor enter the 2.5 metre zone, until the ball has travelled 2.5 metres from the point of the free pass. Once the ball moves, the defenders can enter the 2.5 metre zone.

The ball is out of play as soon as it touches a boundary line of the field of play; the ground, a person or an object outside the field of play; the ceiling. The game will be re-started by the opposing team outside the outlines.

For more in-depth information about the rules, go to: <https://korfball.sport/wp-content/uploads/2017/09/The-Rules-of-Korfball-v-2017-09-01-2.pdf>

For a video explaining the rules, go to: <https://www.youtube.com/watch?v=GUtJB5jBOis>