

Korfball Basics

Rules & Tips for Under 9
and Under 11 Korfball



- 2 boys and 2 girls on a team
- Single court with no halfway line – everyone can go everywhere!
- 2 baskets positioned in from backline approx. $\frac{1}{6}$ of court length
- Korfball is a friendly, non-contact sport
- Goals are scored when the ball goes through the basket



AIM OF THE GAME

- The aim of the game is to score goals!
- Shoot from anywhere on the pitch
- Pass the ball between your teammates to try and score
- When the other team has the ball, try to intercept the ball and defend to stop them from scoring
- During normal play, there is no time limit on passing the ball
- When starting or restarting the game, you need to pass within 4 seconds



WHAT CAN'T I DO?

- ✗ Run with the ball
- ✗ Defend the opposite sex (girls can only mark girls and boys can only mark boys)
- ✗ Shoot when being “defended” (see below)
- ✗ Knock or take the ball out of an opponent’s hands
- ✗ Push or hold an opponent

WHAT IS “DEFENDED”?

To be defended, you must be:

- Between the post and the shooter
- Within arm’s length of shooter and arm up, attempting to block the ball

