

Korfball

Playing surface and foot wear

Sports hall winter trainers
Grass summer football boots

A MIXED SPORT- at all age groups. SINGLE SEXED TEAMS NOT ALLOWED

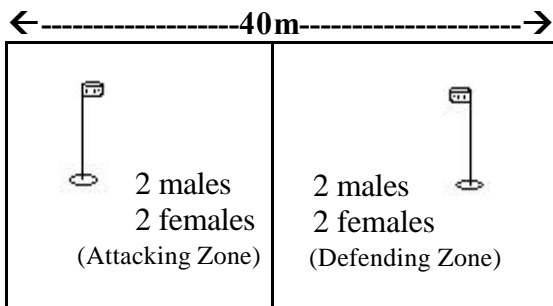
Team members - 8 (4 male and 4 female)
Only a male can mark a male and a female a female.

Team positions No set positions.
Players need all round skills

Pitch size

Juniors –under 13s 30m x 15m
Seniors - 40m x 20m

2 zones – attacking and defending
Shooting allowed from anywhere in the attacking (20m x 20m) zone.



Posts

Posts situated on the pitch at a point midway between the two sidelines and one-sixth of length of the field of play from the end line.

All play - attacking, shooting and defending can continue behind the posts.

Post sizes Height

Seniors - 3.5m (11feet 6 inches)

45cm (18 inches) higher than Netball

Under 13s - 3.5m

Under 11s – 3.0m (10 feet)

Under 9s – 2.5m

Korfs (Baskets)

A basket is fitted to each post and must face towards the centre of the field of play. Each basket is made of cane, cylindrical without a bottom and is 25cm high.

Internal diameter: 39 – 41cm (16 inches).

The rim (top edge) has a width of 2-3cm. It is one colour and must be similar to the one in the other zone. The basket is fitted to the top of the post with no protrusions allowed.

Netball

Playing surface and foot wear

Sports hall trainers
Tarmac or other approved surfaces

SINGLE SEXED TEAMS- Senior level HIGH FIVE (MIXED)- under 11s

Team members – Seniors 7
High Five 5

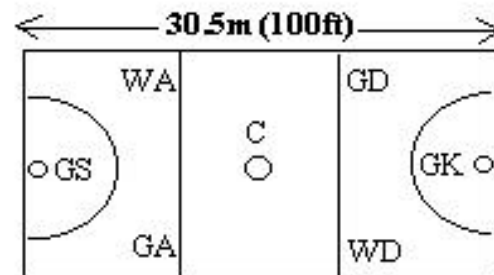
Team positions

Seniors GS, GA, WA, C, WD, GD, GK
High Five GS, GA, C, GD, GK

Court size

Seniors - 30.5m (100feet) x 15.25m (50 feet)
2 goal circles 4.9 m (16 feet) in radius.

3 zones – players are restricted to certain areas. Shooting only allowed in the goal circles.



Posts

Posts situated mid point of each goal line.

All play to the front and sides of the post.

Post sizes Height

Seniors - 3.05m (10feet)

45cm (18 inches) lower than Korfball.

Under 11s - 9 feet

Ring with net

Fitted at the top of the post with a horizontal protruding attachment 15cm (6 inches) in length.

Internal diameter: 38cm (15 inches).

Balls

Round made of leather, or other approved material that resembles leather.

Must be two-coloured.

Circumference 68 – 70.5cm.

Weight 445g – 475g

Senior size 5

Under 13s size 4

Under 11s size 4

Under 9s size 3

Rules

Throw off

Taken by **any** attacker from a point inside his attacking zone near the centre of the pitch.

Taken by the team who has just conceded the goal.

Stepping/Running with the ball

When stationary not allowed. When moving one step allowed. When coming to a stop its interpretation is not as strict as Netball. The condition of the playing surface **is taken** into account.

Dropped ball

May be replayed by the player who dropped it, but a player is not allowed to move and bounce the ball (solo play) as in Basketball.

Touch the ball with foot or leg

If by doing so a team gains an advantage, a free pass is awarded to the opposition.

Time limit to holding the ball

No time limit once the ball is in play.

4 seconds allowed for a throw off, free pass and throw from the sideline.

Controlled physical contact

Defending distance when ball is in play.

Defending a player with the ball – **NO set distance** as long as the opponent is not contacted and is allowed free bodily movement. Marking is face to face or by use of peripheral vision.

Defending distance from a throw off after a goal has been scored; a free pass; throw on from the sideline; penalty.

At least 2.5m (8 feet)

Balls

Round made of leather, rubber or similar material.

Circumference 69 – 71 cm

Weight 400 – 450g

Senior size 5

Under 11s size 4

Rules

Centre Pass

Taken only by the **Centre Player** from the **centre circle**.

Passes taken alternately by the teams.

Stepping/Running with the ball

Not allowed. The condition of the playing surface **is not taken** into consideration.

Dropped ball

A controlled ball **may not** be replayed by the player who dropped it.

Touch the ball with foot or leg

Kicking of the ball not allowed.

Time limit to holding the ball

3 seconds in all situations once the ball is in play.

Non Contact Sport

Defending distance when ball is in play

Not less than 3 feet

Defending distance from a centre pass after a goal has been scored; throw on from the sideline.

At least 3 feet

Defending a shot

An attacker **cannot** shoot if the defender (of **the same sex**) obeys **all** these rules:

- a) is nearer to the post than the attacker.
- b) must be within arm's length of the attacker.
- c) have his/her face turned towards the attacker.
- d) must actually try to block the ball.

Either defender of the same sex may defend the shot.

If the defender has obeyed all the above rules and the attacker shoots the defender is awarded a free pass from where the shot was taken.

A Penalty Shot

A penalty shot is awarded if there is a loss of a scoring opportunity by an infringement of the rules eg

- a) a male defends a female while she is shooting and vice versa.
- b) a player prevents an opponent in a free position from shooting by contacting, running down or incorrect hindering of the shot.

A penalty can also be awarded for persistent fouls by a defender.

The Penalty Shot is taken from a **spot 2.5m** in front of the post.

Taken by **any attacking player**:

All other players have to be 2.5m away from the penalty taker.

No time limit after whistle.

Normally taken as a 2 handed underarm shot starting from the waist.

Shooting

Any attacker is allowed to shoot.

Shooting is allowed from distances varying from **under the post to 15 metres, 360 degrees around the post.**

Types of shot

- a) 2 handed long shot (**starting at chin level**).
- b) 2 handed long shot veering to the left or right of the post.
- c) 2 handed underarm penalty shot (**starting from waist height**).
- d) 2 handed underarm running in shot.

Other variations: Drop off shot, post break, turn and shoot, 1 handed basketball style shot.

Defending a shot

The Goal Shooter or Goal Attack **can** shoot whilst being defended.

Only the Goal Keeper and Goal Defence can defend a shot.

A Penalty Shot

A penalty shot is awarded if the Goal Keeper or Goal Defence defends closer than 3 feet or makes contact inside the goal circle.

The Penalty Shot is taken from where the defending infringement took place

Can **only** be taken by the **GS or GA**.

The offending defender has to stand next to the shooter until the shot is made.

The non-offending GK or GD can still defend the shot. 3 second time limit.

1 or 2 handed shot from above the head.

Shooting

Only Goal Attack or Goal Shooter allowed to shoot.

Only allowed to shoot **within the goal circle, radius 4.9m (16feet), 180 degrees around the front of the post.**

Types of shot

- a) **1 or 2 handed shot from above the head.**
- b) Forward step shot.
- c) Backward step shot.
- d) Running shot

Greater shooting power and accuracy required by all team members due to the height of the post (11 feet 6 inches) and shooting range (from under the post to 15m).

After every 2 goals

After every 2 goals the attackers move to the defending zone and become defenders and the defenders move to the attacking zone and become attackers.

The teams shooting ends change at half time.

A GAME OF EQUAL OPPORTUNITIES

– everyone (male and female) have to be able to shoot and defend as well as fulfil the supporting roles of assist (feed) and rebound (collect).

Consistent stamina required by all team members. All players have to work within a 400 square metre area

Free Pass

A free pass is awarded from where the infringement took place. The player who caused the infringement and all other players have to be 2.5m away from the player taking the free pass.

In the attacking zone **all the attackers have to be 2.5 m away from each other and the player taking the free pass. Players have 4 seconds to take their positions and then a further 4 seconds to play the ball.**

Blocking

Blocking the path of a moving player is not allowed.

Cutting

An attacker after cutting past an assisting attacker and receiving the ball is **not** allowed to shoot.

Time wasting

Time wasting is not allowed ie playing for possession. Shooting opportunities must be taken.

Pass at close range.

A ball is allowed to be passed at close range (**not handed**) to a team player.

Shooting accuracy only required by the Goal Shooter and Goal Attack. Height of the post (10 feet) and shooting range (from under the post to 4.9m).

Playing positions can only be changed at quarter and half times.

The teams shooting ends change at half time.

NOT A GAME OF EQUAL OPPORTUNITIES. Teams do not have to be mixed and only certain positions can shoot and defend the shot.

Stamina requirements affected by the position played.

Free Pass

A free pass is awarded from where a minor infringement occurred, ie stepping. The pass can be defended.

Penalty Pass

A penalty pass is awarded from where a major infringement occurred, ie contact. The offending player must stand to the side of the thrower until the pass is made. A non-offending player can defend the pass.

Blocking

Blocking the path of a moving player is allowed. A penalty pass is awarded for contact against the moving player.

Cutting

A Goal Shooter or Goal Attack after cutting past a team player and receiving the ball is allowed to shoot

Time wasting

Playing for possession of the ball is allowed.

Pass at close range

A pass must allow sufficient distance between 2 players for a 3rd player to move between them.

Refereeing Officials

A referee moves about the court during play. An assistant who moves along a sideline can also be used.

Red and yellow cards can be issued

Team Shirts

Numbered on the back (and front at international level)

Game Length

Seniors 2 x 30minutes

Maximum of 10 minutes rest at half time.

2 x 1 minute time outs per team

Substitutes 4

Once a player has been substituted they can no longer be allowed to return to the game.

The full version of the Korfball rules can be down loaded from the British Korfball

Association website:

www.korfball.co.uk

Umpires

2 umpires, each umpires half the court on opposite sidelines.

Team shirts or bibs

Marked with the players positions: GS, GA, WA, C, WD, GD, GK.

Game Length

Seniors 4 x 15 minutes

3 minutes rest between each quarter.

5 minutes rest at half time.

Substitutes 5

A substitute may return to the game after being substituted at the beginning of a new quarter or half. A returning substitute may change positions.

A version of the Netball rules can be viewed on the All England Netball Association website.

www.england-netball.co.uk