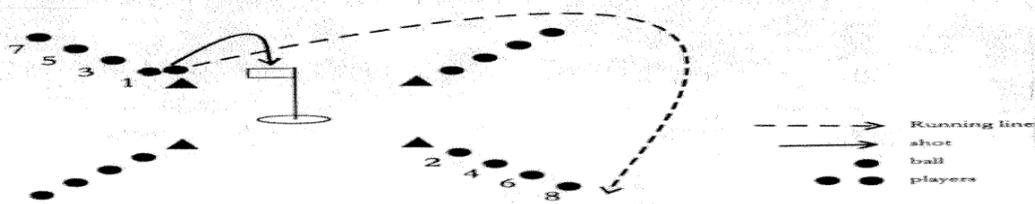


Korfball: A Game for All Ages and Abilities
Sonya Sanderson, Eugene Asola and VSU students
Valdosta State University
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Warm-ups

1. **Stationary Passing to a partner** (start 6' apart, if you catch take a step back, if you miss, take a step towards your partner):
 - a. chest
 - b. bounce
 - c. overhead
 - d. baseball
 - e. use a variety of passes with behind the back, with fakes, pump passes, etc.
2. **Side-Shuffle chest passing** while moving down the court with a partner: down and back (like in basketball warm-ups).
3. **Shooting practice (see diagram)**



4. **Ball Challenge Game:**
 - a. 4 on 4 (depending on group size)
 - b. An attacker cannot pass the ball back to the person, which passed it to them.
 - c. If the defenders capture the ball they then become the attackers.
 - d. The attacker (offense) must retain the ball for **three** consecutive passes, without it being intercepted, to score one point.

General Rules:

- A regulation game is 8 players on each team (4 females and 4 males); large classes, divide equally.
- Teams are split into two divisions, attack and defense, each consisting of 2 men and 2 women in a regulation game; large classes, divide equally.
- The game begins once a coin toss has decided who shall begin.
- Defend same sex: males to males, females to females
- The opposite sex can intercept a pass, but can't actively guard the opposite sex.
- Non-contact game. If contact a foul is called. Depending on fault depends on what happens (restart, a free pass or a penalty).
- Regulation matches consist of two halves, each lasting for a total of 35 minutes, with a 10 minute halftime break.
- After two goals switch so attackers become defenders and vice versa. Teams also swap ends at half time as in basketball.
- A goal is scored by shooting the ball into the basket, called a korf.
- Players must wait for a whistle to sound before play or resuming play.

- Players are **not allowed** to run with the ball. If a player receives the ball while stationary they may only pivot on one foot. If a player receives the ball while running and then shoots or passes, they are allowed **two steps** before releasing the ball.
- If teams are tied at the end of the match, the game is declared a draw.
- If a ball goes out of bounds, it goes to the team that did not touch it last.
- **If the other team intercepts the ball, the play continues from that spot.**
- **After a score**, the ball is taken to the midcourt line and the other team begins their attack there. All defenders must be 8 ft (2.5m) away.
- It is a penalty for an attacker to shoot while they are 'defended'. If the attacker shoots while defended, the ball is given to the defense for a restart. The attacker is 'defended' if all the following apply:
 - a. The defender is nearer the post than the attacker.
 - b. The defender is within an arm's length of the attacker, i.e. the attacker is within touching distance
 - c. The defender is actively defending, i.e. trying to block the ball.

A penalty will be awarded if the attacking team has been denied a clear scoring chance, e.g. contact on a player in the act of shooting or knocking the ball from the hands of a player when another player is free to score. A penalty can be awarded no matter where the offence occurs.

- A penalty is taken from a point 2.5m (8.2') directly in front of the post. All the other players must be at least 2.5m (8.2') from the post and from the penalty spot. The other players may not enter this zone until the ball has left the penalty takers hands. **Penalty shot; underhand "granny shot"** with feet moving as one would for a layup from.

A free pass is taken from the penalty spot. At a free pass all the players, other than the taker must be 2.5 m (8.2') from the penalty spot. In addition the attacking players must be 2.5 meters from each other. The referee will blow the whistle to start play as soon as the players are in position or after 4 seconds, whichever is first. The taker must pass the ball to a team-mat.

- The team-mate may not touch the ball, nor enter the 2.5m (8.2') zone, until it has travelled 2.5m (8.2') from the point of the free pass. The taker must pass the ball within 4 seconds. The defenders can enter the 2.5m (8.2') zone as soon as the taker moves the ball.

The game starts at midcourt after a goal, in the attacking zone of the team that did not score the goal. Make sure the player who gets the ball is entirely in the attacking zone. After the referee blows the whistle to start play, the player has four seconds to pass the ball to get play started.

Regulation court dimensions:

- Inside court: 20m x 40m (65.6' by 131.2')
- Outside court: 30m x 60m (98.5' by 196.9')
- Nets or Korf baskets should be mounted on top of a 3.5m pole (11.5')

To find more information about Korfball go to: United States Korfball Federation

Korf is one of the events that will be held during the World Games in Birmingham, AL in 2021.

If you are interested in purchasing any equipment, contact Steve Barker at contact@blueskyblu.com
Cost: \$1095 per set (poles, stands, and korfs) with about \$400 to ship. Balls are sold separately.