

THE *Basic Rules* OF KORFBALL

Mixed gender teams

4 men and 4 women on each team.

This is the way!

Men only defend men, women only defend women.

No solo play

Dribbling and running with ball in hand are not allowed.

Instead: Communicate with your teammates and assist each other!

No contact

Like, really!

As long as you hold the ball, it's yours. No pushing, no knocking the ball out of another players hands.

Equality

No fixed positions, defense and offense take turns after every 2 goals.

Everybody can score!