

### **Matches**

The indoor season runs from October to April. We have plenty of matches of varying standards to suit players of all abilities. The first team play in the Central England Korfball League (CEKL) Division 1 and won this division last year. They also won the local Yorkshire League. The second team retained their place in the CEKL Division 2 in 2011 and their local league. The third team play in the Yorkshire League. The first and second team play matches in Manchester, Sheffield, Nottingham and Birmingham, whereas the third team are based more locally in Yorkshire.

### **Membership**

As the majority of new players start as complete novices, you can attend training in your first month for free. After then, if you decide to continue playing, the cost will be £20 a month. This includes training sessions and match fees. This includes 3 hours of training and usually a match each week, so represents fantastic value for money.



### **Training**

The club has two training sessions a week run by qualified coaches. They are on Mondays 7-8pm at the Forum Leisure Centre at Quarry Hill and on Wednesdays 8-10pm at Leeds University Sports Centre. Contact us for more information if you would like to attend a session.

### **The Game**

Korfball was founded in 1902 by a Dutch school teacher, Nico Broekhuysen. He developed a sport that the boys and girls in his school could play together on equal terms, and that would encourage teamwork and cooperation. It was called korfbal after the Dutch word for basket, 'korf'. It is now played by both adults and juniors in many countries, and continues to grow rapidly.

### **The Club**



Leeds City Korfball Club was initially based in Bradford but moved to Leeds about 10 years ago. In the past 5 years the club has increased in numbers, forming a second team in 2007 and a third team in 2009. We are a friendly club and are always looking out for new members. Most players have never played korfbal before joining so beginners are welcome. With three teams there will be opportunities for newcomers to play in competitive matches regularly. The first team won both leagues it entered in 2011 so whether you are looking for a new challenge and wish to play at a high level, or a social player who is looking to have fun, we will be able to give you what you want.

### **Other Useful Websites**

[www.englandkorfbal.co.uk](http://www.englandkorfbal.co.uk)    [www.korfbal.com](http://www.korfbal.com)  
[www.korfbal.org](http://www.korfbal.org)    [www.korfbal.tv](http://www.korfbal.tv)

# **LEEDS CITY KORFBALL CLUB**

**Team Sport for  
MEN and WOMEN  
BEGINNERS WELCOME!**

Club Information &  
Introduction to Korfbal



[www.leedscitykorfbalclub.co.uk](http://www.leedscitykorfbalclub.co.uk)  
[leedskorfbal@gmail.com](mailto:leedskorfbal@gmail.com)

## Playing Korfball

Korfball is a sport played by hand by teams of 4 men plus 4 women who try to shoot a ball into a korf (basket). The sport emphasises all round skills, cooperative play and gender equality.



A korfball team of 8 players divides into 2 "divisions", with 2 men and 2 women in each. The playing area consists of two large squares, joined along the centre line, each with a korfball post. One division starts in attack, the other in defence. Every 2 goals, the divisions swap ends and roles. There are no fixed 'positions', everyone spends time attacking and defending. Men defend men, and women defend women. A korfball match is 1 hour long, with a 5 minute break at half-time.

### Defending

An attacker cannot shoot when they are being "defended". This occurs when a defender of the same sex is:

- Between the attacker and the korfball post.
- Within arm's length of the attacker's torso.
- Facing the attacker with an arm up.

An attacker who takes a shot while defended gives away a restart to the other team. When defending, try to stay between your attacker and the post at all times!



## Some Basic Rules

- No running with the ball or dribbling
- No deliberate physical contact
- During normal play, no time limit with the ball

### Shooting

An attacker must break free from his/her defender in order to take a shot. This can be done either by:

- Creating a space from the defender away from the korfball post – a "long shot".
- Running past the defender towards the korfball post – a "running-in shot".

Distinct techniques have been developed as the most effective ways to execute these shots, but these are not compulsory – players can (and do!) improvise.



### Restart

A restart is taken after a minor infringement, from the sideline when the ball goes out of play, and from the centre after a goal has been scored and at the start of each half of the game. The pass must be made within 4 seconds of the referee's whistle and must travel 2.5 m.

### Free Pass

A free pass occurs after a serious infringement. The players must stand 2.5 m from the player taking the free pass (2.5 m from the post) and the pass must be made within 4 seconds of the referee's whistle. A goal may not be scored directly from a free pass.

### Penalty

A penalty is awarded when an infringement prevents a scoring chance. The penalty taker shoots from 2.5 m in front of the post. All other players must stand 2.5 m away from the post and the penalty taker. There is no time limit.

## Social Activities

Korfball is a very social sport and is a great way to meet new people. We aim to organise one "official" social on the first Friday of every month, but there is normally something going on each week, even if it is just a couple of drinks after training.



## The Committee

The club committee is elected annually at the AGM and meets during the year if there are any issues to discuss. Below is a who's who of the committee:

Club Captain	Clare Pearson
Treasurer	Andy Bissell
Fixtures Sec	Matthew Patterson
Social Sec	Ben Riddle
Publicity Sec	Sarah Rowe
Coaches	Andy Bissell, Andy Kirwan Simon Kisby, Paul Abthorpe
Tourno Sec	Sarah-Jane Beyst

If you want to know more about the club, please contact us at the email address below.

[www.leedscitykorfballclub.co.uk](http://www.leedscitykorfballclub.co.uk)  
[leedskorfball@gmail.com](mailto:leedskorfball@gmail.com)

We hope this leaflet has been helpful and look forward to seeing you at the next social or training session.