

Matches

The indoor season takes place between October and May. Castle plays in the Central England Korfball League and the local Staffordshire and Cheshire Korfball League. Matches are normally on Sundays with home games at Kidsgrove Leisure Centre.

In the summer, many clubs hold outdoor tournaments on grass. Castle takes a mixed-ability team to 4 or 5 tournaments each summer, and we hold our own tournament in June/July.

Membership

Your first two months are free. After that, we hope you will want to join the club. The membership fee of £15 per month (£8 for unwaged/students/OAPs) covers sports hall hire for training and matches, local league and national association fees, and maintenance of club equipment. It also gets you a Castle Korfball Club polo shirt! Alternatively you can pay per session (£5), please speak to the club treasurer for more info.

The Committee

The club committee is elected annually at the AGM and meets once a month. The current committee is:

- Chair - Dave Wood
- Captain - Tom Shave
- Vice-Captain - Mary Cooper
- Development - Karen Ramsey
- Recruitment & Retention - Dave Webb
- Secretary - Jo Chadburn
- Fixtures - Mike Evans
- Treasurer - Ann Diskin
- Socials - Ol Masters
- Head Coach - Jon Allinson
- Child Protection - Helen Hill

Please talk to any of them about issues you would like raised, or if you would like to get more involved with the running of the club.

Social Activities

Various social events are organised on a regular basis. If you have ideas of things that you would like to do, we will be happy to help make them happen! We also normally go for a drink after training, everyone is very welcome.

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 team-work and co-operation. It was called korfball 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

Castle Korfball Club is now in its 13th year. We train at Keele University Leisure Centre, but are not a university club (the Keele students have their own club) and we welcome everyone over the age of 14 (for insurance reasons).

Our membership comprises a diverse range of people from Newcastle-under-Lyme and the surrounding area. We aim to get as many people playing korfball as possible, so if you know anyone who may be interested please bring them along! We train every Wednesday evening, 8-10pm from September to April (indoors), 7-9pm from May to August (outdoors on grass).



Some of our current members.

New Club in Crewe

Crewe & Nantwich Korfball Club trains on Tuesday nights, 7.15-8.45 pm at South Cheshire College, Dane Bank Ave, Crewe, and is always looking for new members.

Other Useful Websites

www.englandkorfball.co.uk www.korfball.com
www.korfball.org www.korfball.tv

CASTLE KORFBALL CLUB

**Team Sport for
MEN and WOMEN**

BEGINNERS WELCOME!

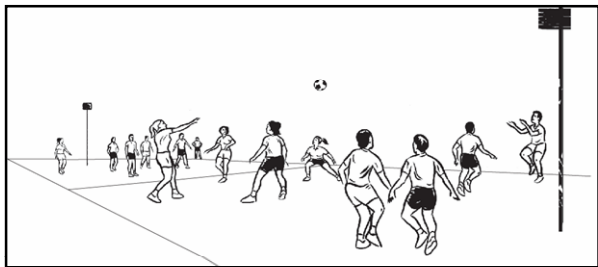
**Club Information &
Introduction to Korfball**



www.castlekorfball.co.uk
castlekc@hotmail.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, co-operative play and gender equality.



The playing area consists of two large squares with a korfball post set in one-third from the back lines. A korfball team of 8 players forms 2 "divisions", with 2 men and 2 women in each. One division starts in attack, the other in defence. Every 2 goals, the divisions swap ends and roles. Therefore, there are no fixed positions: everyone spends time attacking and defending. Men defend men, and women defend women. A korfball match is normally 1 hour long, with a 5 minute break at half-time. It is controlled by a referee who should be respected at all times. All players are encouraged to learn how to referee.

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:

- Making distance back 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 improvise.



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 free pass to the defending team.

When defending, try to stay between your attacker and the post at all times!



Collecting

Before shooting, it is useful for one of the attacking division to take a position under the post in order to collect and recycle the ball if the shot misses. Any player in the attacking division can take this position, known as "collector".

Feeding

Another useful position that can be taken by any of the attacking division. The "feeder" receives the ball under the post and stands facing outwards. They then pass the ball to an attacker who has broken free from their defender, either for a long shot or a running-in shot.



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 metres.

Free Pass

A free pass occurs after a serious infringement. The players must stand 2.5 metres from the player taking the free pass 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 metres in front of the post. All other players must stand 2.5 metres away from the post and the penalty taker. There is no time limit.