



Portuguese Korfball Federation



Why Korfball is Different?



**Portuguese Korfball Federation
2026**



Why Korfball is Different?

Korfball is unique for being the only truly mixed-gender team ball sport designed with equality at its core, requiring teams of four men and four women who all rotate through attacking and defending roles.



Mixed-Gender Teams: Each team of eight players on the court must have four men and four women, split into attacking and defending divisions.

No Dribbling or Running with the Ball: Players must pass the ball to move it around the court, which emphasizes teamwork and movement off the ball over individual athleticism.



“Defended Shot” Rule: An attacker is not allowed to shoot if they are being actively defended (the defender is closer to the korf, within arm’s length, and attempting to block the shot). This rule negates height advantages and forces creative strategies to create open shooting opportunities.

Role Rotation: After every two goals scored, the attacking and defending divisions switch roles and halves of the court. This ensures every player develops all-round skills in both attack and defense.

Positional and Defensive Restrictions: Players are restricted to their assigned zone (attack or defense). Men can only defend male opponents, and women can only defend female opponents. Physical contact is controlled, with pushing, running into opponents, and tackling the ball carrier not allowed.

Goal Post: The “korf” is a cylindrical basket without a backboard, mounted on a 3.5-meter (11 ft 6 in) high pole. This allows for scoring from all around the post.



Everyone, regardless of their social and economic status, can play, indoor Korfball, Urban Korfball, Beach Korfball, from 3 to 93 years old.



We play in...

Indoor Korfball



Sénior competitions - 400 athletes from 10 clubs and 24 teams



Youth competitions - SUB 11 to SUB 18 - Various tournaments organized by the clubs

Portuguese National CUP - 24 teams



Beach Korfball



Beach Korfball is a modern and accessible variant of Korfball, played in open spaces, which fully maintains the principles of the sport: mixed teams, gender equality, inclusion and fair play. Due to its inclusive and intergenerational nature, Beach Korfball constitutes an effective platform for promoting ethical values, equality and active citizenship, reinforcing FPC's commitment to



socially responsible sport.



Highlight for National Team: World Champions in 2019 and Winner of the World Cup (África) 2025

Urban Korfball



Lisbon Unlocked 2025 Urban Korfball in October 2025

Urban Korfball is an innovative, fast-paced adaptation of traditional korfball designed for informal urban spaces such as parks and playgrounds. It maintains the core principles of the sport-mixed-gender teams, teamwork, and inclusivity-while offering a simplified and faster playing experience for all skill levels.





Portuguese Korfball Federation

A few numbers and facts...

Korfball School Clinics



18



1358

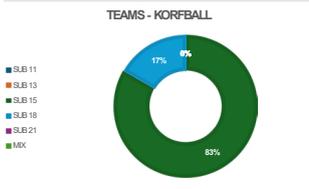
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20



Korfball in School



2024/2025



2



2



61



Adapted Korfball



153 athletes
18 teams



CLASS 11
Jogadores com
QI abaixo de 75



North Stage - 30 / South Stage - 48 / Center Stage - 27 / Lisbon Stage - 48

Etics / White card / PNED



The Portuguese Korfball Federation integrates Ethics in Sport as a central axis of its activities, in alignment with the National Plan for Ethics in Sport (PNED) and the principles of the White Card.

In 300 games, 52 Yellow Cards and 2 Red Cards were shown. the White Card was displayed 36 times

