



Netball Orkney 2019/20 Senior League Rules

Minehowe, Midhowe & Maeshowe League

August to December 2019



PLEASE READ THESE RULES TO ALLOW THE LEAGUE TO RUN AS SMOOTHLY AS POSSIBLE

Senior League Co-Ordinator: Cheryl Kelday (Westies) and Lorraine Harvey (Dolly Mixtures)

TEAMS / MEMBERSHIP

- Each team can only name a **maximum of 12 (female) players** at one time to play in the league.
- In the event of a player withdrawing from the league, a replacement may be signed. **A maximum of 15 players per team over a season.**
- Players can only play in one team in any league or cup competition unless making up numbers after a game has been scratched.
- Netball Orkney recommends that individuals (player / umpire) if pregnant should only participate with approval from their doctor, but **should not** participate beyond the 12th week of pregnancy. Netball Orkney will not be held liable for any pregnant individual participating in recognised and authorised activity should the expectant mother suffer miscarriage, permanent damage to herself and/or unborn child as a result of participating.
- Players eligible for U17's training (15 years old as at 31 December 2019) and above are eligible to take part in Senior League. Although, players who turn 14 before 31 December 2019 and are participating in the National Development Centres may be allowed to play for a team at Netball Orkney and the Junior Coaches discretion. Any queries should be raised to the N.O. committee.
- Every player **must** be affiliated to Netball Orkney **before** they play in the league.
- Non-members are not allowed to take part in the league as they are not covered by our insurance policy.
- **Fees for 2019-20 Season:**
 - Senior affiliation fee: £20
 - Junior / Student (under 18 or in full-time education) affiliation fee: £15 for the first child in the household, and £10 for the second child in the household
 - Junior affiliation and parental consent forms should only be paid and completed by those under the age of 18 who are NOT attending junior training. Those attending junior training should make this payable to the team manager at their training session.
- Affiliation monies must be sent to Cheryl Kelday, 21 Pickaquoy Drive, Kirkwall.

MATCH RULES

- Games will be played between Pickaquoy Centre and KGS. Please ensure you check the fixtures to see where your team should be playing or umpiring and scoring.
- Games will consist of **4 x 12 minutes** with **90 seconds between each quarter** and **2 minutes at half time**. **Total game time 53 minutes, with games scheduled to start each hour.**
- Teams and umpires are responsible for taking the court on time.
- If your game runs late for any reason the timekeeper will stop play in time for the next game to start at the allocated time.
- The **first named team** on the fixtures **will have the first centre pass.**
- The **second named team** will have the **choice of shooting end.**
- Matches will not be rescheduled unless for exceptional circumstances – please report any such instance to the N.O Committee.
- If a team is unable to field a team (4 players or less), the game will be scratched. Where 5 members are available, the game will proceed.

- A game may not be scratched mid play, unless due to injury when there is not a minimum of 5 players on court from that team.
- If your team scratches a match, a **fine of £25** will be payable to Netball Orkney. This **MUST** be paid within one week of the scratch to Lorraine.
- Teams must purchase their own bibs/strips. If both team bib/strip colours are the same then it is the responsibility of the second named team to change their bib colour. Spares will be kept at each venue.
- Teams **must** make sure before they arrive that they know whether they are the first named team or second named team and what their responsibilities are (see below).
- There is **no** allocated injury time.
- If an injury occurs the injured player must leave the court as soon as possible.
- Umpires may stop play for 30 seconds to allow an injured player to leave the court and any team substitutions to be made; however at the Pickaquooy Centre the central timing will continue and games will finish within the time allocated.
- All other standard netball rules apply.

UMPIRING, SCORING and TIMEKEEPING

- The Coordinator/Timekeeper for each game is stated on the fixtures will be responsible for timekeeping to ensure the games are run to schedule. At Picky timekeepers should make themselves known to the umpires and place themselves the middle of the two courts to ensure both games start on time and to schedule.
- Timekeepers should have a loud and clear voice when starting/stopping the games.
- Each team **must** provide one scorer, one umpire and one coordinator/timekeeper as required on the fixture list. This may be someone from their team or they may ask someone from another team.
- When sourcing umpires, the list of volunteers will be on the Netball Orkney Team White facebook group. We ask that a person should not umpire if they are not confident with the game in question – every game should be treated as if it were a league decider, and equally, that people would assist others where they are seeking.
- In the instance that teams do not provide scorers / umpires as required, Netball Orkney has the right to penalise the team in question.
- Both scorers **must** stand/sit together at courtside, to reduce the risk of disputed/incorrect scores.
- Scorecards will be provided by Netball Orkney. There are small clipboards for Court 2 at Picky.
- Scorers will be responsible for collecting the appropriate score card from the coordinator or league box.
- Scorers should print both umpires names on the score cards.
- The **Captain or Vice-Captain of both teams** are responsible for providing the scores (or details if scratched) to Cheryl Kelday within the 'Netball Winter League' Messenger group or by email to cheryl410@hotmail.co.uk **on the evening** of the match. The paper score cards should then be put back in that week's envelope which will be collected on the next week she is playing at that particular venue, so that there is a record of the results. **Please make sure this is done so that an accurate league table can be published.**
- Any equipment e.g. whistles, pens, balls should be collected from and returned to the league resource box.
- For hygiene reasons you are asked that umpires purchase their own whistle. Whistles are available from KT sports or finger whistles can be purchased from www.netballuk.co.uk

MATCH CO-ORDINATORS

- One team is named per game on the fixtures as the 'Coordinator / Timekeeper', and should provide 1 person to take on the following roles:
- **Every Coordinator is responsible for:**
 - Distributing and collecting in scorecards, and ensuring scorers print the names of the umpires on the score cards after the game.
 - Timekeeping the game including ensuring games start on time.
 - Providing the first aid kit or ice packs to any injured players.
- **The team named for the first game will be responsible for:**
 - Arriving early on the evening to ensure they are prepared as they are responsible for setting up.
 - Ensuring the league bag at the venue is in the hall. If it is not there, please ask the reception at the Pickaquoy Centre or KGS
 - Ensuring balls are available on each court.
 - Ensuring games start on time and run to schedule.
- **The Team named for the last game will also be responsible for:**
 - Collecting all equipment and returning it neatly to the box/bag at the end of the night.

FULL DETAILS OF THE LEAGUE COORDINATORS ROLES ARE AVAILABLE IN THE FOLDER

POINT SYSTEM

Points will be awarded as follows:

- 5 for a Win.
- 3 for a Draw.
- 2 for a Loss with half or more than half of the winning number of goals.
- 1 for a Loss with less than half of the winning number of goals.
- If a game is scratched, the 'losing' team will receive 1 point and no goals. The 'winning' team will be awarded 5 points plus 15 goals (this is based on the average difference in score from previous league matches).
- If at the end of the leagues teams have the same number of points, winners will be decided by goal difference in the first instance. If there is still a draw then goals for will be considered.

NOTE:

Netball Orkney reserves the right to amend these rules at any time. Any amendments will be sent to all team captains to relay to their team members.



FAIR PLAY STATEMENT

It is the policy of Netball Orkney to ensure that all participants, volunteers, coaches and parents promote fair play at all times. Players are encouraged to be 'good sports' and to co-operate with and respect their team mates, coaches and officials at all times. The aim is for all players to enjoy the game, improve their skills and be competitive, but still have FUN.

CODE OF CONDUCT

All members and supporters are asked to abide by the following rules at all times:

- ✓ Co-operate fully, respecting all requests and decisions made by coaches, helpers, officials and administrators.
- ✓ Be on time for training sessions, matches and competitions.
- ✓ **Control their tempers and avoid behaviour which may inconvenience or upset others.**
- ✓ **Treat opponents, team mates and officials with respect at all times - on and off the court.**
- ✓ Be considerate to others and work as a team.
- ✓ Treat others equally, regardless of age, race, experience or ability.
- ✓ Accept both success and failure in an appropriate manner.
- ✓ Do not purchase or consume alcohol, tobacco products, solvents, illegal drugs of any kind or purchase dangerous articles i.e. knives whilst taking part in Club activities.
- ✓ Do not participate in any Club activity whilst under the influence of alcohol or drugs. Members shall not promote, give or sell any drugs to another member whilst participating on the Club premises or participating in any Club activity.
- ✓ Take good care of all property belonging to the Club or any Club member.
- ✓ Junior members should not leave sessions without permission of the person(s) responsible for them.
- ✓ Be responsible for caring for your own equipment, clothing and property.
- ✓ No jewellery (including ALL piercings) or unsuitable clothing/footwear is to be worn during any practical Club sessions.
- ✓ Long hair must be tied back when playing.