NETBALL ORKNEY SENIOR LEAGUE – AUGUST 2026

SUMMARY OF CHANGES TO THE 2026 SEASON

Teams & League Formations:

Division 1: Performance & Development

- Individual player entry to be seeded into teams.
- This includes juniors in performance section for the first part of the league until December where it will be reviewed.
- It is expected that any seniors taking part in Island Games, or looking to take part in Scottish Cup or Senior Inter County, will sign up to league.

Divisions 2 & 3: Recreational & Social

- Team entry, of up to 14 players may sign, but only 12 players may be named for each match.
- New teams welcome!
- Anyone looking for a team to join, please refer to our social media post to seek a team.
- Teams should provide their own bibs where possible, however are available to hire from Netball Orkney.
- Any juniors in the development or social can enter the league as part of a team, as long as they are within the eligibility - please speak to your coaches if you are unsure.
- Anyone looking for a team to join, please refer to our social media post to seek a team.
- League formats will only be known once team registrations are in. Seedings *may* have to take place to determine who is in which league.

Umpiring & Scoring:

- Umpires will be named by the fixtures in a bid to balance umpires and assist those who are looking to develop further. If the allocated umpire is unable to do their allocation, they should seek someone to cover or swap.
- We will continue:
    - To use the INF rolling score sheets.
    - That teams to provide a scorer for their **OWN** game.
    - Have match coordinators for each game

Changes to International Netball Rules 2026:

- There have been no changes to the rules from last season
- NO committee hope to arrange an in person rules workshop as a refresher.

NETBALL ORKNEY SENIOR LEAGUE – AUGUST 2026

FULL LEAGUE DETAILS

Division 1:

Individual player sign up with players seeded into teams

This includes juniors in performance section for the first part of the league until December where it will be reviewed.

Existing members will have the membership renewal link in their Spond account. New Netball Orkney Members can sign up via the link on the website. Closing date **Sunday 23rd August**.

Divisions 2 & 3:

Each player is required to complete their Netball Orkney Membership on Spond **by Sunday 23rd August.**

Existing members will have the membership renewal link in their Spond account. New Netball Orkney Members can sign up via the link on the website.

Note: Anyone without a team and looking to find a team can comment on our social media post, any teams looking for additional players may contact you to join. Please note that it is not guaranteed that you will be receive a place in a team, however new teams are welcome if you wish to create one.

League Management:

All players should download the 'Spond' app as this will be the portal for all Netball Orkney communication and fees for league

League Commences:

TBC. However bookings are for Thursday nights from 27th August.

- Division 1 – Picky 7-9.45pm (7.10pm and 8:25pm games)
- Divisions 2/3 – Picky 7-10pm and KGS 8-10pm (games hourly)

FEES FOR 2026 SEASON:

Netball Orkney 2026-27 Affiliation:

- **Senior**: £25
- **Junior / Student (under 18)** £20
- Fees will be payable on Spond. Please ensure you have this app downloaded.

Netball Scotland 2026-27 Affiliation

- **Juniors** – For those attending Junior Training, please purchase the level advised by the coaches. For those not attending Junior Training, please choose 'Level 2 – Social'.
- **Seniors** - Level 2 'Social' £16.10 prior to 31st August 2026, £16.58 after 1st September 2026 – register or renew at https://netballscotland.justgo.com/
- Members NS Membership must be complete prior to completing the Individual Entry Form.
- Memberships can be upgraded at any time if required.
- Where memberships have not been paid by the due dates, players will be unable to take part in the league until the balance has been paid.

Team Fees August to December 2026:

- **Division 1 League Fees** - fees will be calculated once number of players and teams are registered.
- **Division 2/3 Team Fees** - fees will be calculated upon successful registration of all teams.
- **Scratch Fee:** If your team scratches a match, a fine of £25 will be payable to Netball Orkney.
    - This **MUST** be paid within 7 days of the scratched fixture, before the next league date,
    - Payment will be allocated to the Captain on Spond to pay, and the captain will split the fee between their team members as required.
    - Please note if a fixture is scratched, the teams in question may arrange a friendly, and can also ask players of the other teams who have a week off. However the scratch fee is still due.
    - Matches will not be rescheduled unless for exceptional circumstances – please report any such instance to the Senior League Coordinator.

Netball Orkney 2026 Senior League Rules

AUGUST TO DECEMBER 2026

Please read these rules to allow the league to run as smoothly as possible.

Senior League Coordinator: Cheryl Kelday (Hot Shots) senior.netballorkney@hotmail.co.uk

TEAMS / MEMBERSHIP

- Each team in Division 2/3 can name a maximum of 14 (female) players, however only 12 can be named for a match.
- In the event of a player withdrawing from the league, a replacement may be signed. Please contact the Leage Coordinator.
- Members can only play in one team in their league unless making up numbers after a game has been scratched. We are continuing to allow the 'play up' rule
    - If a team in Division 1 are short for their game, they may ask a Division 2 or 3 member to 'play up' that week.
    - If there is a Division 2 team short of players, they may ask a division 3 member to 'play up'
    - This should not be to the detriment of their own team ie scratching. Players are allowed to play their game, and play up for another team on the same evening.
    - Where a player will be playing in another team, **please email prior to the match** with the name and team which the member is from, and the team they will be playing for.
- 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 2026) and above are eligible to take part in Senior League. Although, players who turn 14 before 31 December 2026 and are participating in the Districts 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 both Netball Orkney and Netball Scotland before they play in the league.
- Non-members are not allowed to take part in the league.
- We are trialling the sign up system this year via Spond.

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, umpiring and coordinating.
- Games will consist of:
    - **Division 1**: 4 x 15 minute quarters with 2 minutes between each quarter and 3 minutes at half time. Total game time 67 minutes, with games scheduled to start every 75 minutes.
    - **Divisions 2/3**: 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.
    - **No tactical changes** should occur within the last 30 seconds of the game.
- If your game (Divisions 2/3) runs late for any reason the timekeeper will stop play in time for the next game to start at the allocated time. The time penalty should not be passed onto the next game on court.
- 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 Senior League Coordinator.
- 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.
- Where a team only have 5 players, the following positions must be in place:
    - 1 person at C
    - 1 person at either GD or GK
    - 1 person at either GS or GA
- If your team scratches a match, a fine of £25 will be payable to Netball Orkney. This MUST be paid within 7 days of the scratched fixture, before the next league date.
- 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 in the league bag.
- 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 the **timekeeper should not pause the stopwatch** as games must finish within the time allocated.
- All other standard netball rules apply.
- Each team **must** provide one scorer and one coordinator as required on the fixture list. This may be someone from their team or they may ask someone from another team.
- **Umpires** will be individually named, and it is up to the nominated person to find a replacement if they are unable to do their allocation.
- In the instance that teams do not provide coordinator/timekeepers as required, Netball Orkney has the right to penalise the team in question.

Player Responsibility:

- **Arrive early & be ready:** We ask that players arrive at least 10 minutes prior to their scheduled game time to ensure they are warmed up, have their netball trainers on, bibs on, and the full team should be ready for their nail and jewellery inspection prior to their allocated game time, including substitutes who are scoring.
- **Know your responsibilities and the rules:** This includes all match rules, and all duties for allocated roles. Please note players will have a visual reference when there is 30 seconds remaining as the timekeeper will stand with the umpire closest to them.
- **Nails**: It's advisable that players carry a nail file in their netball bag to speed up things if they are required to cut or file their nails down, however there will be ones within the first aid kit should anyone need.
- **Jewellery:** No jewellery including smart watches will be permitted with the exception of a wedding band that physically cannot be removed, and this must be taped. No other jewellery should be taped, and umpires will ask for you to remove it before entering court. Any medical equipment such as diabetes monitors should be taped. If you will require tape, please bring your own.

Captains Responsibility:

- To coordinate the team, ensure there will be enough members for their scheduled games, and arrange scorers, umpires and coordinator/timekeepers as required.
- Contact the League Coordinator and the opposing team should a scratch be required. As much notice as possible should be given to allow others to plan around this.

- Should teams scratch their game (less than 5 players), a £25 scratch fee will be imposed to the scratching team, payment will be allocated to the Captain on Spond to pay, and the captain will split the fee between their team members as required. This **MUST** be paid within 7 days of the scratched fixture, before the next league date.
- The Captain / Vice Captain **of both teams** are responsible for providing photos of the score sheets (or details if scratched) to the 'Captains Chat' within Spond **on the evening** of the match, along with details of the 'opposition player of the match' details. The paper score cards should then be put back in the plastic wallet. **Please make sure this is done so that an accurate league table can be published.**

Game Coordinator / Timekeeper:

A Game Coordinator / Timekeeper has been allocated to each game as we have limited court time and require games to run to time. This role is not 'just' timekeeping. This person is responsible for:

- **Game Coordinator the First Game should**:
  - Turn up early to set up their court
  - arrange score sheets, pens, ball etc ready for the game starting.
- **Game Coordinator for the last game should:**
  - Make their way to the area as soon as possible after they finish their game to commence duties.
  - After the game, ensure captains have photos of the scoresheets prior to being placed in the court bag along with all other equipment, and zipped closed.
  - Ensure that the court area is tidy before leaving.
- **ALL COORDINATORS**:
  - Coordinators should set up the score sheets with the date, division, team 1, team 2, umpires names, timekeeper name, and first centre pass as scorers are likely to be at their team bench until the game starts. This will help them be able to settle into the game quickly.
  - Be proactive in ensuring the games start as close to time as possible, liaising with the umpires.
  - The Coordinator/Timekeeper may choose if they use a stopwatch, timer on their phone or any other suitable timer.
  - Time should start on the Umpires whistle.
  - Be familiar with what to do in the event of an injury; tactical change; warning, suspension; or send off.
  - Update the flip score boards.
  - Timing the quarters: requirement to stand up and walk to the nearest umpire tell them when there is **30 seconds remaining** (no tactical changes allowed in this time) this is also a visual cue for teams on court, then they should **count down from 10 seconds** until time. Time ends on the umpires whistle.
  - If your game runs late for any reason the coordinator/timekeeper will shorten the lengths of breaks between quarters; or stop play in time for the next game to start at the allocated time. The time penalty should not be passed onto the next game on court. **Please note**: the court time at Picky for divisions 2/3 ends at 9pm where another booking is in place. Teams **must** finish before 9pm and be off the court by 9pm.
  - Restart the timer for the breaks, and ensure umpires know when to call teams back onside 30 seconds prior to time due to start. Ie if it is a 90 second break, tell the umpires when it gets to 60 seconds so there is 30 seconds to get back on court. This helps run to time.
  - Ultimately the role is to ensure everything runs to time.
  - Provide first aid such as nail clippers, ice packs etc if required throughout the game.

- Update the League Coordinator should a top up of anything be required for the First Aid Kit, or if more scoresheets are required.

Timings:

Division 1	**Divisions 2 & 3**
5-10 minute warm up time allocated **15 minute quarters** **Quarter Time**: 2 minutes **Half Time**: 3 minutes **Three-Quarter Time**: 2 minutes **Total game time**: 67 minutes 8 minute turnover Games scheduled every 75 minutes	2 minute warm up time allocated **12 minute quarters** **Quarter time**: 1.5 minutes **Half Time**: 2 minutes **Three-Quarter Time**: 1.5 minutes **Total Game Time**: 53 minutes 5 minute turnover Games scheduled every 60 minutes.

Time starts on the umpires whistle. Just clarify you are ready to the controlling umpire. The timekeeper should not 'shout' Time Starting. For division 2 & 3, if games start late, it is up to the timekeeper to shorten quarters or breaks to ensure that games start on time, and that they end by the time the booking ends / venue closes.

When an umpire '**holds time**' (warning, injury, tactical change, suspension or time off) on court, the actual time/**stopwatch should not be stopped**. The umpire needs to state this for game management reasons, but the time should carry on as normal. This is due to the tight times we have for games to be played.

At the end of quarters/halves, the **timekeeper should go up to the umpire** to let them know when there is **30 seconds remaining, 10 seconds remaining and count down to full time**.

- The game will stop on the umpires whistle.
- Timekeepers should **not** 'shout' time.

Should an umpire **suspend** a player, you will need to start a second stopwatch for the 2 minute suspension time.

- Should this fall over a break, time should be paused at the break, then started at the start of the next quarter.
- The player in question is out of the game, should sit with the scorers (not on their team bench), and should not talk or be involved with the game.
- After 2 minutes, the player may go back on court, or the position filled by another player.

Should an umpire **order off** a player, you will need to start a second stopwatch for 4 minutes.

- Should this fall over a break, time should be paused, then started at the start of the next quarter.
- The player in question is out of the game, should sit with the scorers (not on their team bench), and should not talk or be involved with the game.
- After 4 minutes the player in question may **not** go back on court, but another player may replace them in the position.

Scorers:

- Each team should provide 1 scorer for their own game. This could be a substitute; arrange someone from another team to cover; or a friend/family member who knows the scoring system. Should a team only have 7 players, they must play with 6 and 1 person score.
- Teams should note that where they only have 5-7 players, but the other team have 2 or more substitutes, it is not a given that they will score for you. You may politely ask if they would,

however it is your responsibility to provide a scorer for your game and you may have to provide a scorer and play with less people on court.

- Scorers **must** sit next to each other to reduce the risk of disputed/incorrect scores, and should be constantly checking the score with the other scorer ensuring they are the same.
    - Where substitutes are scoring, at **quarter/half time**, the current scorers should wait for the umpires to come over so they can check the next centre pass and ensure the score sheet is up to date for the start of the next quarter with next centre pass and score, before heading to their team bench to ensure everything is correct, ready for the next person to take over.
    - At the **end of the game**, the scorers should **complete** the score sheet ensuring the scores match, and completing the final score at the bottom of the sheet. At this stage they should also ensure all the details at the top of the score cards has been completed including umpire names. Please note umpires do not need to sign the score cards.

Umpires:

- Umpires will be individually named. If you are unable to do your allocation, it is your responsibility to find someone to cover.
- Each team are encouraged to have a minimum of 1 badged umpire, or someone working towards their C badge.
- When sourcing umpires, the list of umpires with team names are in a group in Spond which the Captain and Vice Captain have access to. 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.
- Anyone who wishes to learn how to start umpiring can put their name forward for umpiring at Junior League on Sundays.
- Teams who have a week off playing should be encouraged to assist teams where they can.
- Umpires must be proactive and ready to check nails and jewellery as soon as possible, and along with the coordinator/timekeeper, start the games on time.
- For hygiene reasons you are asked that umpires purchase their own whistle. Finger whistles can be purchased from www.netballuk.co.uk

PLAYER DECLARATION:

a) I agree to abide by the Rules and Codes of Conduct of Netball Orkney.

b) I understand that Netball Orkney accepts no responsibility for loss, damage or injury caused by or during attendance at any of the Club's organised sessions except where loss, damage or injury can be shown to result directly from the negligence of Netball Orkney.

We look forward to seeing you all for the winter league,

Netball Orkney Committee

Contact Details:

Senior League Coordinator: senior.netballorkney@hotmail.co.uk
Wellbeing and Protection Officer: wpo.netballorkney@hotmail.co.uk