

NORTH LONDON NETBALL LEAGUE LEAGUE RULES 2022-2023

The North London Netball League (hereafter to be known as the League) will be divided into ten Divisions. The Divisions will be called Premier, 1, 2, 3, 4, 5, 6, 7 (Under 16), 8 (Under 14), 9 (Under 13), 10 (Under 12).

1. ORGANISATION AND ADMINISTRATION

- 1.1 'The League' shall be governed and managed by the North London Netball League (NLNL) Committee (the League Committee), which may delegate its powers and authority in this respect to any sub-committee and/or individual(s).
- 1.2 The decisions of the league committee, or its nominee(s), in respect of these rules and regulations and on any other matter related to the League which is not provided for below, shall be considered final and binding on all parties (subject to the right of appeal which is specifically provided for under England Netball's (EN) disciplinary regulations).
- 1.3 These rules and regulations shall be subject and secondary to the application of England Netball's rules and regulations, especially playing regulations 5.1 and 6.2.
- 1.4 It is the responsibility of all Team Managers, Coaches and Captains to ensure that all players and other club members are conversant with the following rules and regulations.
- 1.5 Prior to the start of the season all clubs shall put up a bond of £100 against cancelled/forfeited games. The penalty for not fulfilling a fixture shall be agreed at the Annual General Meeting (AGM). For the 2022/23 season, the penalties shall be as follows: £10 for the first game, £20 for each subsequent game cancelled by any team in the same netball club within divisions Premier to 6. For Divisions 7-10 the penalties will be £5 & £10 respectively.) All monies forfeited will go to the 'League Development Fund'. Outstanding monies will be returned to the club at the AGM, or at the club's request can be carried over for the following season's bond. Any outstanding monies owed by clubs at the end of the season need to be paid before the start of the following season.
- 1.6 All clubs and members shall comply with England Netball's 'Safeguarding Young People in Netball' policy, the League's 'Photographic & Imaging' policy and the League's 'Privacy Policy'.
- 1.7 Comply with current England Netball and National Covid rules.

2. PLAYING QUALIFICATIONS AND ELIGIBILITY

- 2.1 The League shall be open to any club or team, which is registered to England Netball through Middlesex County Netball Association (MCNA), which has paid its subscription in this respect.
- 2.2 Entry to the NLNL will be determined by the League Committee at its absolute discretion, subject to its reasonable application of the rules and regulations laid out herein.
- 2.3 The committee will charge an entry fee to the League, to be reviewed annually.
- 2.4 By entering a team in the League, clubs/teams agree that:
 - They are conversant with and will abide by these rules and regulations, the England Netball rules, the 'England Netball Codes of Conduct' and the 'England Netball Disciplinary Regulations'.
 - They are able and willing to fulfil the costs and commitments of participation in the League

Changes to 2021-22 Rules are highlighted in yellow.

- 2.5 In order to qualify to participate in the league, a player shall be female, a fully paid member of England Netball **and Middlesex County Netball Association** and registered through a member club (it does not have to be the player's primary club).
- 2.6 All players must have paid their EN membership and be marked as "active" on the ENgage membership system prior to participation in the league.
- 2.7 In the 'Premier' through to Division 6 all players must be aged 14* at midnight on 31 August prior to the commencement of the league. **This is official EN 'Age Banding' guidance for adult play.* In 'Divisions 7-10' all players must be in their own age group (or one year up).
- 2.8 The exception to this is 'TALENTED young player(s)' outside the 'Age Banding' guideline in 2.7:
- A player who will be 14 during the season may play in Premier through to Division 6
 - A player who is U14 on the date as defined in 2.7 may play in Division 7 (Under 16)
 - A player who is U12 on the date as defined in 2.7 may play in Division 8 (Under 14)
 - A player who is U10 on the date as defined in 2.7 may only play in Division 10 (Under 12).

For all of the above a separate 'Age Banding Form' must be completed for EACH ATHLETE, individually signed (no electronic signatures accepted), and submitted with their 'Registration' to the Registration Secretary. Athletes should not take the court until notification has been received from the 'Registration Secretary that their 'Age Banding Form' has been accepted.

- 2.9 Coaches must be registered with ENgage as an active member of England Netball.
- 2.10 The League Committee reserves the right to undertake spot checks at any point during the season to validate player registrations and to confirm that the player is an active member of England Netball.

3. REGISTRATION OF PLAYERS/SQUAD MEMBERS

Any team/club who knowingly and deliberately provides false information regarding the identity of players when registering players or naming of players on result cards may be subject to disciplinary action and may be expelled from the competition.

- 3.1 A player may only play for one club in any one season except at the discretion of the League Committee. Should a player wish to leave their original club and play for another club during the course of a season, they will need to be formally released by that original club. This release must be received by the Registration Secretary via the email registrations@nlnl.co.uk, by midnight on the Thursday before their first game for the new club.
- 3.2 Players who play in the Superleague, the Premier Leagues or Regional League must be registered in **that same** club's highest placed team in the League. Any exception to this is at the discretion of the League Committee.
- 3.3 'Team Registration Sheets' must contain at least seven **active** players' names (and signatures where possible) for each participating team. A signed copy of the registration sheet should be scanned and returned to the Registration Secretary on the first fixture date.
- 3.4 To simplify membership checks, clubs must also submit an export of their membership list, to include: 'ENA ID', 'First Name', 'Last Name', 'Date of Birth', 'Current Age', 'EN Member' and 'Player' on the Thursday prior to the first fixture of the League. Teams may only use those players whose names appear on their 'Team Registration sheet' held by the League Committee.

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- 3.5 Additional players may be registered by email, attaching the new player's name and membership number (and specimen signature where possible), to be received by the Registration Secretary before midnight on the Thursday prior to playing the fixture. A signed copy of the registration sheet should be scanned and returned to the Registration Secretary on the day they play. A new export of their membership list, to include: 'ENA ID', 'First Name', 'Last Name', 'Date of Birth', 'Current Age', 'EN Member' and 'Player' must also be sent.
- 3.6 If a player has not played for FOUR consecutive fixtures, they will be considered a dormant player and a replacement registration must be made immediately to maintain the minimum registration of seven active players per team. NB – Cancelled / forfeit games do not count towards the consecutive fixtures rule (for either of the teams involved). Dormant players returning to play in their registered team do not need to be registered again.
- 3.7 For players registered in Premier through to Division 6: once registered, a player is eligible to play up THREE times for another of their higher club teams, on the FOURTH occasion she is deemed to be a member of the team to which she has been promoted. She **may not** be further promoted or demoted.
- 3.8 For players registered in Division 7 (Under 16) through to Division 10 (Under 12): once registered, a player is eligible to play up TWO times for another of their higher club teams (either a higher club team within the same division, or a higher division, as long as the 'Talented young player' guidelines in rule 2.8 are adhered. On the THIRD occasion she is deemed to be a member of the team to which she has been promoted. She **may not** be further promoted or demoted.
- 3.9 A lower team may only use ONE player (and not one who has previously been promoted in the same season) from a higher team on any one day, and no player may be demoted after the end of January (this also applies to those players changing clubs as per 3.1) unless at the discretion of the League Committee. A higher team player may only play for a lower team permanently.
- 3.10 The demotion and promotion rules apply to active and dormant registrations alike.
- 3.11 If a club needs to withdraw a team, the club may only withdraw their lowest placed team in the league. The players from the withdrawn team may continue to play in the league, but must be re-registered in a higher team.

4. STRUCTURE OF THE LEAGUE

- 4.1 The League will be divided into divisions of, normally, eight teams, the number of the divisions depending upon the entry. The divisions will be called Premier, 1, 2 etc.
- 4.2 Normally each team in a division will play each other twice, where divisions have less than 8 teams there may be a variation.
- 4.3 League points will be awarded as follows:
- 5 points for a win
 - 3 points for a draw
 - 2 points for a loss within 5 goals (i.e. 40-36)
 - 1 point for a loss over 50% goals scored (i.e. 40-21)
 - 0 for a loss
- 4.4 In the event that a game is cancelled, the non-offending team will be awarded 20 goals.
- 4.5 A 'League Table' will be compiled on the basis of the points awarded. Where teams are level on points, positions will be decided on 'GOAL DIFFERENCE' (goals for, minus goals against). Failing that, 'GOAL AVERAGE' (goals for, divided by goals against) will apply. If there is still equality the League Committee will adjudicate.

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5. PROMOTION & RELEGATION (PREMIER TO DIVISION 6 ONLY)

- 5.1 The team gaining the highest number of points in their Division shall be adjudged the winner of the Division. The two teams gaining the highest number of points shall be promoted from each Division (with the exception of the Premier Division) and those two teams with the lowest number of points, shall be relegated (subject to 5.2 below).
- 5.2 Promotion and relegation shall be confirmed at the AGM and the League Committee shall have power to promote teams into different divisions, if numbers drop in that division.

6. FIXTURE ARRANGEMENTS

- 6.1 All matches **must** be played on the pre-arranged dates and at the times and on the courts allocated. The first named team on the schedule is deemed to be the home team. The teams will toss to see which ball will be used throughout the match (the toss for the match ball is additional to the toss for the Centre Pass). The home team will toss the coin and the away team will call heads or tails. The team winning the toss will use their ball. The same match ball is used throughout a match. A spare ball must be kept at the official bench and the umpire may order its use in the event of damage to the match ball or blood on the ball. The umpires will check all match balls before play starts.
- 6.2 In exceptional circumstances teams may submit a request for a change in fixtures e.g. club wedding, club tour. Notification of the request to change must be received by the Fixtures Secretary by the 31st July. Any changes to fixtures will be at the discretion of the League Committee.
- 6.3 There will be central timing with a bell at the beginning and end of each game, but the controlling umpire's whistle will start and finish the game. The games are to start at 9:00am, 10:25am, 11:50am, 1:15pm and 2:40pm.
- 6.4 A team may claim points if their opponents do not have a minimum number of five players on court, when the umpire's whistle signals the start of play. A player arriving late may only enter the game after a goal has been scored or immediately following an interval or at a stoppage for injury or illness, with an umpire's permission.
- 6.5 A match can only be replayed in the event of bad weather. In the event of temporary bad weather during a match, the umpires will decide whether it is safe to continue play. The duty League Committee member will decide whether play will be resumed or the match is to be abandoned. Teams must remain at the Netball courts, until the decision has been announced.
- 6.6 Matches may only be abandoned in exceptional circumstances. The decision to abandon will rest with the match umpires. If a team wants to abandon a match, once it has started, it will be deemed to have conceded the fixture by 20 goals and awarded no points; any points deductions will be at the discretion of the committee. Five points and 20 goals will be awarded to the non-offending team. If a match is abandoned by the League Committee, it will decide whether the scores are to stand or if the match is to be replayed. Rearranged matches will be played at the same time as the original fixture on one of the allocated spare dates. Any deviation to this will be at the discretion of the League Committee.
- 6.7 Teams cancelling or failing to fulfil a fixture must concede the points. It is the responsibility of the team cancelling to ensure that the Results Secretary ([c/o info@nlnl.co.uk](mailto:c/o_info@nlnl.co.uk)) and the opposition are informed immediately. The team failing to fulfil a fixture will have points deducted in accordance with section 10.1.
- 6.8 Upon completion of promotion and demotion tables at the end of the season, any team which has cancelled and/or failed to fulfil three games or more will be dropped a division in the following season. Any team in Division 6 which has cancelled and/or failed to fulfil three games or more will be demoted to the bottom of the waiting list.
- 6.9 In the event of teams withdrawing from the League during the playing season, all previous matches and points are removed from the record.

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7. MATCH REGULATIONS

7.1 All games shall be played to the **World Netball** Rules of the Game currently in force in England at the time, except where specific regulations may apply.

7.2 All matches shall be of one-hour duration (i.e. four x 15 minutes) apart from Division 10 which shall be of 40 minutes' duration (i.e. four x 10 minutes).

7.3 The half time interval will be 5 minutes; quarter time intervals will be 3 minutes.

7.4 Before a match starts a team must:

- **Declare a maximum of twelve (12) players prior to the start of each match by completing a team score card in front of the umpire. Players' names must be printed in full. Umpires must ensure that completed team score cards are lodged with scorers prior to the game. Players not on the card prior to the start of the match may not take part.**
- Identify to the umpires the on-court captain and the person responsible for managing injuries to players in their team, if no suitably qualified Primary Carer is present with their team.
- Follow EN guidance relating to Covid-19 and ensure adequate supplies to sanitise hands, balls and the posts throughout the match.

7.5 The captain has the right to approach the umpires during an interval for clarification of any rule. Any player/s for whom the clarification is relevant may accompany the captain. The umpires may make a request to the captain, to speak to any on-court player/s whose behaviour is causing concern.

7.6 Stoppages are applied to all Divisions. All stoppages will be 30 seconds; the umpires may extend that time if considered appropriate. The player requesting a stoppage, must leave the court within 30 seconds. They can either be substituted or the team continue to play with SIX players. The player once fit and ready may return to the court after a goal, after another stoppage for injury/illness or blood or at the next interval, whichever comes first.

7.7 Team Benches includes the Coach, Primary Carer and players named on the scorecard. They shall be identified to the umpire and stand as follows:

- Courts 1-3: behind the line opposite the Scorers/Timekeepers. Where possible team spectators will be located away from the Team Bench.
- Courts 4-6: behind the line opposite the Scorers/Timekeepers. Team spectators will be located outside the courts.
- Court 7: in the area behind the centre third adjacent to the Scorers/Timekeepers. Team spectators will be located together, opposite the Scorers/Timekeepers.
- Courts 8-9: in the area adjacent to the centre third opposite the Scorers/Timekeepers. Team spectators will be located together, away from the Team Bench, in their starting defending third.

No one but match officials or duty committee members are allowed to be in the area next to the Scorers/Timekeepers.

8. MATCH AND TECHNICAL OFFICIALS

8.1 MATCH OFFICIALS

Each team must provide a suitably qualified umpire for their own match, who must hold England Netball Membership for the current season. Umpires cannot perform any other role during the duration of the match.

8.2 The minimum age for umpires is 13 years old in Divisions 7-10. Umpires may not umpire matches for a higher age group than their own age. The minimum age for unqualified umpires in Prem-Division 6 is 18 years old.

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8.3 However, umpires aged between 16 and 18 years of age, holding a C Award can umpire any match according to the qualification required by the division, but England Netball would recommend that they did not umpire “senior” matches. A club that supplies an umpire under 18 years old has a duty of care to the umpire and is responsible for providing a suitable adult for the duration of the match, i.e. club coach or safeguarding officer. Clubs that fail to provide a suitable adult to a junior umpire will be reported to the Middlesex County Netball Association.

8.4 An umpire’s clothing shall be white or cream in colour on the upper body. Umpires shall wear suitable weather appropriate sports footwear and clothing when officiating, otherwise they might be required to withdraw from officiating the match.

8.5 **If applicable,** umpires must have reached the minimum level on the Multi-stage Fitness test for their division within 4 weeks of the start of the season. Evidence of level achieved must be provided to the League’s Umpiring Secretary. New umpires to the League must provide evidence prior to umpiring.

8.6

Division	Minimum Umpiring Award	bleep test level
Prem	Awaiting B award practical assessment	6.1
1	Passed B award theory assessment	6.1
2	C award	5.1
3	Mentored with permission from Umpiring Co-Ordinator in liaison with mentor	5.1
4	Mentored within League or County Mentoring Schemes	5.1
5	Attended a C Award course in the last 24 months - practising at club training or at a county led practical session until confident to umpire before umpiring a match	4.1
6	Hold an Into Officiating Award or attended a C Award course in the last 24 months - practising at club training or at a county led practical session until confident to umpire before umpiring a match	4.1
7-10	Attended an Into Officiating Course - practising at club training or at a county led practical session until confident to umpire before umpiring a match	4.1

The Committee reserves the right to allocate umpires for the purpose of C Award testing in any division up to, and including, Division 2. The Committee reserves the right to allocate umpires for the purpose of Into Officiating Award testing in Divisions 9 and 10.

8.7 Umpires must conform to the standards of physical fitness set out above. However, if age, injury, illness or pregnancy is likely to affect the umpire’s movement and positioning to the detriment of the game, they will be required to withdraw from officiating.

8.8 No match is valid or may be played without two suitably qualified umpires.

8.9 **Umpires should be present when the score card is signed by all players before the start of any match.** Substitutes must also sign the cards before they come on to court for the first time.

8.10 Any team which fails to provide an appropriately qualified umpire for three or more games in a season will be dropped a division in the following season.

8.11 Substitution of an umpire is only allowed when, due to illness or injury the allocated umpire who is at the courts cannot continue, or where a late arriving allocated umpire replaces a temporary umpire, appointed to cover in their absence. In all other instances a member of the League Committee must approve any change of umpire.

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8.12 A non-playing umpire may umpire a maximum of two games on a fixture date with a match length rest period between umpiring commitments. A playing umpire may only umpire one match on that fixture date and they must umpire before they play or have a match length rest period before umpiring. Umpires may only umpire a third match in exceptional circumstances **and with the prior permission of the Duty Committee member**. Failure to comply may incur the deduction of penalty points. It is the responsibility of both the individual umpires, and the clubs they are umpiring for, to comply with this rule.

8.13 Following the success of the trial last year, it is a requirement this year that clubs fill in the Umpiring Allocation spreadsheet by the Thursday before each game, indicating umpires's name, qualification and age where appropriate.

Where clubs do not have confirmed umpires, they should enter an umpire's name (even if not confirmed) and 'TBC' if the umpire is to be confirmed. This will help to give NLNL Umpiring Secretaries an overview of umpiring availability and they may be able to offer help. The Committee reserves the right to apply sanctions to clubs who fail to complete the Umpiring Allocation spreadsheet.

8.14 TECHNICAL OFFICIALS

In addition to providing a suitably qualified umpire, all teams must provide a competent person to take and keep score for their umpire. The scorer must time the match, intervals and injury time. The scorers are required to record all actions (Caution, Warning, Suspension or Ordering Off) decided upon by the umpires and responding to their instructions. Scorers must not coach during the game.

9. RESULT CARDS AND SUBMISSION OF RESULTS

9.1 Both teams are required to complete and sign an official result card for each match.

9.2 Before taking the court, each player must print their forename and surname and sign the reverse of the score card **in the presence of their umpire**. The score card should be handed to the Scorer before the match starts. A team cannot take to the court until this has been done and the umpires will employ INF Rule 8.1.1 if necessary.

New Players (NP), Play Ups (PU) and Play Downs (PD) must be indicated in the appropriate column on the scorecard. Names and signatures of Play Ups should only be added as the player takes the court. A crossed out player will be counted as a Play Up.

9.3 At the end of the match the umpires must print their name, qualification and membership number on both score cards.

The captains are responsible for the full completion of their team's score card i.e. team name, date, time, players' names & signatures, NP/PU/PD, **quarter time scores**, umpires' names, qualification & membership numbers and the correct final score that matches the other team's score card.

9.4 Captains must place the fully completed score cards in the box in the changing hut, to be collected by the Registration Secretary or Committee member.

9.5 **The winning team will text the result** to 07795 257837 (Club League Manager) with:

League Name
Division
Date
Home Team and Score
Away Team and Score
Name of person sending

In the event of a draw, the home team will text the result.

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10. LEAGUE ADJUDICATION

10.1 The Committee will have the power to determine the penalty to be imposed on teams and players who are in breach of the Rules and Regulations regarding the playing of matches in the League. Such penalties may include reprimands, the deduction of league points, fines, suspensions and expulsion from the competition, except as specified below:

- The use of an unregistered (to the League), ineligible player, or one without an active England Netball membership – deducted FIVE points
- No age banding permission – deducted FIVE points
- Failure to provide a suitably qualified or eligible umpire – deducted FIVE points
- Failure to provide a scorer – deducted THREE points
- Failure to fulfil a match without notifying the opposition/umpires - deducted TEN points and a £20 fine which will be deducted from the bond
- Late cancellation of game (on the day) – deducted FIVE points
- Early cancellation of game (24 hours' notice) – deducted THREE points
- Failure to notify Fixtures Secretary of cancelled game – deducted TWO points
- Umpiring third game without committee permission – deducted THREE points
- Late scorer (when umpire's whistle starts play) – deducted TWO points
- Late umpire – deducted TWO points for teams who do not have an umpire present and ready to start when the bell rings to signal the start of a match but have found a temporary umpire with the required qualification and bleep test (where required) to umpire until the late allocated umpire arrives. If the replacement umpire needs to umpire more than one quarter, FIVE points will be deducted
- No Result Card – deducted FIVE points
- For each error / omission on the results card – deducted ONE point

11. COMPETITION REFEREE

11.1 The Competition Referee for the League will be the Chair of the North London Netball League (or delegated Committee Member).

11.2 The Competition Referee will have the authority and jurisdiction to make decisions on any matters arising throughout the League including, but not limited to:

- Altering or amending the playing schedule as necessary;
- Determining if there has been a breach of the Regulations and imposing an appropriate sanction as detailed in section 10 - LEAGUE ADJUDICATION.
- Instances of unsportsmanlike behaviour or behaviour that brings the sport into disrepute, including instances of teams predetermining, or attempting to predetermine, the outcome of a match and/or the competition;
- Determine the score should any match not be concluded due to any unforeseen circumstance;
- Any matter not covered specifically within the Regulations.

11.3 The Competition Referee may call upon, or delegate to, additional persons to assist with the League or consult with other persons prior to making any decision. However, the final decision and accountability for the decision will rest with the Competition Referee or delegated Committee Member.

12. COMPLAINTS PROCEDURE

LEAGUE COMPLAINTS

12.1 All queries or complaints concerning the playing of a Match, the scoring, and/or its result must be submitted in writing by the Club Secretary or other officer acting on its behalf to the League Resolution Lead ([c/o info@nlnl.co.uk](mailto:c/o_info@nlnl.co.uk)) within 72 hours.

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- 12.2 All complaints and disputes **concerning matches** will be determined in the first instance by the League Committee, which will use its best endeavours to resolve the issue as quickly as possible.
- 12.3 The decisions made by the League Committee in relation to 12.2 are binding apart from where parties to the complaint have the right to appeal the decision under Section 13 APPEALS PROCEDURE.
- 12.4 Where a complaint relates to the administration of the league by the League Committee, such complaints will be dealt with under the Complaints Procedure of the Middlesex County Netball Association.

CODE OF CONDUCT COMPLAINTS

A Member or Connected Participant shall be liable to Disciplinary Action in accordance with the EN Disciplinary Regulations June 2021 (3.1) if their conduct is inappropriate, incorrect, improper, unlawful or unsporting, or makes anyone feel less worthy and/or has the potential to bring The Sport, Members or Connected Participants into disrepute.

- 12.5 A Complainant must set out in writing the grounds for the Complaint and full details of the Disciplinary Offence or their conduct that gives rise to the Complaint. This formal written statement must be sent to the England Netball Compliance Manager - complaints@englandnetball.co.uk (EN Disciplinary Regulation 5.2.1)
- 12.6 A Complaint should be sent within 28 days of the alleged incident or of the Complainant becoming reasonably aware of the incident, to the Compliance Manager. Complaints relating to an incident outside that timescale may not be considered unless the severity of the Complaint is such that it is in the best interests of The Sport to take it forward. This includes those that would have a significant impact on the reputation of The Sport rather than on those involved in the incident, for example, use of racist or homophobic language. An Investigation Panel will decide whether it is in the best interests of The Sport for a Complaint to proceed where received outside the 28-day period. (EN Disciplinary Regulation 5.2.2)
- 12.7 Complaints or concerns regarding Safeguarding should be sent directly to England Netball using their online reporting form Reporting a Safeguarding Concern.

13. APPEALS PROCEDURE

- 13.1 The decision of the League Committee in relation to a complaint submitted in accordance with section 12 shall be final and binding on all parties save that a party has a right to appeal in the following circumstances:
- If the decision has a potential impact on a match result, a league table, or the outcome of the Competition; **AND**
 - If there has been a failure by the League Committee to follow or act in accordance with these Regulations and/or the Competition Referee reached a decision on the basis of an error of fact

These are the only grounds of appeal and any appeal must be submitted in accordance with the appeals process set out below.

- 13.2 An appeal should be forwarded in writing from the captain of the appealing team to the Middlesex County Liaison Officer within 72 hours of receiving the decision, who will refer it to MCNA.
- 13.3 The appeal must be accompanied by a cheque for £100 (payable to MCNA) which will be returned if the appeal is upheld or if there are any other extenuating circumstances, a decision taken by the Competition Appeals Committee.

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14. MISCELLANEOUS PROVISIONS

- 14.1 Team Managers/Captains will be held responsible for their players, officials and spectators.
- 14.2 It is the responsibility of each team to provide adequate first aid cover for its players and officials, the name of the Primary Carer shall be made available to the match officials on request.
- 14.3 At the beginning of each season each team shall register its playing colours. No player shall be allowed on court unless wearing the registered playing colours. All players are responsible for ensuring that they wear suitable, weather appropriate footwear.
- 14.4 Jewellery / adornments and medic alerts: No piercings, or any item of jewellery, except a wedding ring and/or a medical alert or religious bracelet, shall be worn. Dermal piercings (that are located below the skin and cannot be easily removed) and flat religious bracelets (which are not to be removed for religious and / or cultural reasons) are to be suitably covered with padding / tape as necessary, to prevent injury to others. If either or both are worn, each shall be taped. No adornment that may endanger player safety, shall be worn.
- 14.5 Eyewear: If a player/coach/official has to wear glasses for medical reasons, she is fully insured by EN, but the glasses are not insured. Sunglasses should not normally be worn when playing. However, sunglasses may be worn for genuine medical reasons when participating in recognised and authorised EN activities. If sunglasses are required for genuine medical reasons, then an appropriate medical certificate must be supplied to the committee. This rule applies only to players; coaches and match officials may wear sunglasses.
- 14.6 All fingernails, natural and acrylic, shall be short and smooth. If their fingernails conform to this rule then they can participate, whether their nails are square or round. Please beware that should a player be wearing acrylic nails which do not conform to the above, then they will not be allowed to participate. If the player's acrylic nails do conform to the rule and they subsequently suffer damage to their nail(s), they will be deemed to have participated at their own risk and they will not be covered by England Netball insurance.
- 14.7 No form of gloves should normally be worn when playing Netball. In extreme weather, climatic conditions or for a medical condition, gloves may be worn. If for medical reasons gloves are required, then on production of an appropriate medical certificate/letter, the committee will allow gloves to be worn. The player should ensure that the gloves do not endanger other players' safety and the player must ensure that they have appropriate personal liability insurance. Gloves should be plain, soft leather or micro-fibre (e.g. Neoprene) which are manufactured without seams (or with internally sewn seams) and have no abrasive materials including but not limited to: zippers, velcro, metallic or plastic fasteners. Umpires are reminded that they need to be satisfied that any gloves worn do not present an obvious hazard to other players.
- 14.8 Hair should be suitably tied back whilst participating in Netball and any hair accessory that is used should not pose any risk to any individual.
- 14.9 In order to encourage increased participation in sport, with sensitivity to religious practices and cultural differences, together with the safety of all participants, a player may wear a hat/head covering. They should ensure that the material used for the head covering is soft and without embellishments, which might constitute a danger to any other player on the court. Any potential flowing/flapping edges must be held securely around the neck or tucked into the player's top or dress. It should be as neat and secure as possible. Headbands that meet the requirements as above should be allowed. Peaked, baseball or tennis type caps do not meet the requirements and are not allowed.
- 14.10 Medical aids: Players wearing medical aids to provide protection following an injury or post-surgery and who are prepared to take the risk of playing, may take the court provided the medical aid is covered adequately thus preventing no obvious hazard to other players. Such players are advised to ensure that they have appropriate personal liability insurance

Changes to 2021-22 Rules are highlighted in yellow.

coverage. Any medical aid must be approved by a qualified medical practitioner especially when returning to Netball from injury and have an appropriate medical certificate/letter. The medical aid must be 'flexible' and not inhibit movement for the individual. The wearing of ankle braces does not apply to these medical aid guidelines and can be worn.

- 14.11 Pregnancy – EN recommends that individuals (player, coach, umpire) if pregnant should only participate with approval from their doctor and in accordance with any guidelines issued by EN. Neither EN, nor the club, will be held liable for any pregnant individual participating in recognised and authorised activity should the expectant mother suffer a miscarriage or permanent damage to herself and/or unborn child as a result of participating. This guidance supersedes previous guidance that players, coaches, officials should only participate up until their 12th week of pregnancy.
- 14.12 Tattoos that display offensive language or images should be covered. Even with this approach there is a sliding scale on the tolerance of what constitutes offensive language in modern times. However, as a general rule, words that you would not likely use in a business email are those that would need to be covered.