

RULES & REGULATIONS

It is the responsibility of all Team Managers, Coaches and Captains to ensure that all players are conversant with the regulations.

1. ORGANISATION AND ADMINISTRATION

- 1.1 The competition shall be known as the Regional U16 League (the "League").
- 1.2 The League is controlled and managed by London & South East Regional Netball Association (the "Region"), which may delegate its powers and authority in this respect to any sub-committee or individual(s).
- 1.3 The purpose of the League is as a feeder competition to determine the Clubs who will compete in the England Netball U16 National Clubs Finals.
- 1.4 These Rules and Regulations ("the Regulations") must be followed by all Teams, Team Officials, Technical Officials, Match Officials, spectators, and administrators involved in the management, administration, and operation of the League.
- 1.5 It is the responsibility of the Club, not the Region to ensure that all Players and relevant parties connected to the Team are fully conversant with the Regulations. All Clubs will be held responsible for the overall conduct of their Players, Team Officials, Technical Officials, and spectators (meaning the behaviour, demeanour and actions of all persons associated with the Club).
- 1.6 The decisions of the Region, or its nominee(s), in respect of the 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 in section 8).

2. COMPETITION REFEREE

- 2.1 A Competition Referee will be appointed by the Region for the League.
- 2.2 The Competition Referee will have the authority and jurisdiction to make decisions on any matters arising during the League including, but not limited to:
 - 2.2.1 altering or amending the Competition schedule as necessary;
 - 2.2.2 determining if there has been a breach of the Regulations and imposing an appropriate sanction (including disqualification of any individual, Player or Team);
 - 2.2.3 adjudicating instances of unsportsmanlike behaviour or behaviour that brings the sport into disrepute, including but not limited to instances of Teams predetermining, or attempting to predetermine, the outcome of a Match and/or the League;

- 2.2.4 upholding enforcing the decision by any medical advisor, regarding the participation of a Player and whether they are able to a) start the match or b) continue to play;
 - 2.2.5 determining the result and score should any Match not be concluded due to any unforeseen circumstance;
 - 2.2.6 altering the length of Matches;
 - 2.2.7 determining any matter not covered specifically within the Regulations.
- 2.3 The Competition Referee may call upon, or delegate to, additional persons to assist with the Competition 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.
- 2.4 If a Player is suspended from a Match or ordered to leave the court and take no further part in a match, that Player and a Team Official (normally the Coach), may be required to attend a hearing before the Competition Referee. After the hearing, the Competition Referee will decide what if any action will be taken.
- 2.5 The Competition Referee will maintain and be responsible for a confidential Competition Referee Logbook (if appropriate).

3. TEAM ENTRY AND ELIGIBILITY

- 3.1 Entry to the League is open to any Club which is registered to England Netball through a County within the area of jurisdiction of the Region, being Essex Metropolitan, Kent, Middlesex, and Surrey.
- 3.2 The League will be contested between as many Teams as shall be determined by the Region. A maximum of one Team per Club is permitted to compete in any age group.
- 3.2 Entry to the League will be determined by the Region, at its absolute discretion, subject to its reasonable application of these Regulations.
- 3.3 The Region is entitled to charge an entry fee to the League and this must be paid in full within the required timescales for a Team to compete.
- 3.4 By entering a Team in the League Clubs agree that:
- a) they are able and willing to fulfil the costs and commitments of participation in the League;
 - b) they will fulfil their obligations and responsibilities set out in these Regulations;
 - c) they are bound by these Regulations; and
 - d) they are bound by all of the rules, policies, regulations and by-laws of England Netball, including the England Netball Codes of Conduct and Disciplinary Rules and Regulations, as may from time to time be in force.
- 3.5 The Region may hold a qualifying competition to determine the final entries to the League. The finishing positions of clubs at the end of the qualifying competition will be used to determine entry to the League.

- 3.6 It is expected that all Clubs ensure that they follow England Netball safeguarding guidelines, including obtaining enhanced (child workforce) DBS certificates for all relevant coaches and team officials.
- 3.7 All Players and Team Officials must be England Netball members, having paid the full adult / junior membership fee due and received confirmation of their membership in advance of submitting the Squad Registration Sheet for the League. Social and Supporting memberships do not constitute full membership. Players must be registered with the Club on whose Squad Registration Sheet they are listed.
- 3.8 Any Club who knowingly and deliberately provides false information regarding the identity of Players when registering Players or naming Players on team sheets may be subject to disciplinary action and may be expelled from the League at the discretion of the Region.
- 3.9 Players of Teams competing in the U16 age group must be over thirteen (13) years of age and under sixteen (16) years of age as at 11.59pm on **31 August 2025**. Any Clubs wishing to register Players under the age of fourteen (14) must have completed the Age Banding Consent Form and submitted this alongside the Squad Registration Sheet for the League.
- 3.10 All Team Managers must be over the age of eighteen (18) years old prior to the League.
- 3.11 During the League, Team Managers must carry proof of age for all Players and a copy of any Age Banding Consent Forms applicable to Players listed on the Squad Registration Sheet, which should be provided to the Umpires for inspection in the event of any query. Proof of age comprises one or more of the following:
- copy of birth certificate
 - copy of passport
 - copy of medical card showing date of birth
- 3.12 The League is for female participants as defined in the EN Gender Eligibility & Participation Policy. Only individuals who meet the eligibility criteria may be included on the team registration sheet as a player. For information on eligibility based on gender please see Section 7 (Female Category) of England Netball Gender Eligibility & Participation Policy.
- 3.13 Should a Team play an ineligible Player, the Matches where the ineligible Player took to the court will be awarded to the opposition. The offending Team will also be deducted 5 points for these Matches.
- 3.14 An ineligible Player is defined as:
- 3.14.1 A Player who does not hold full England Netball membership;
 - 3.14.2 A Player who is not included on the Squad Registration Sheet;
 - 3.14.3 A Player who has represented a Club in a different regional qualifying competition or regional league for the same age group for the season 2024-25;
 - 3.14.4 A player who does not meet the criteria of being a female participant as per rule 3.12.

For the avoidance of doubt, it is the responsibility of the Team, not the Region to ensure all Players are eligible to compete.

4. REGISTRATION OF SQUADS

- 4.1 Clubs must register a minimum of twelve (12) eligible Players.

- 4.2 Clubs must complete a Squad Registration Sheet(s), fully listing each Player, and Team Officials with their relevant details as requested. In addition, Clubs must provide their official club roster from England Netball's ENGage membership system in the format requested by the Region, showing all Players and Team Officials marked as 'active'.
- 4.3 The initial Squad Registration Sheet(s), official club roster and any fully completed and signed Age Banding Consent Forms must be submitted to the Region in accordance with their instructions and by the date specified.
- 4.4 Clubs may only use those Players who appear on the Squad Registration Sheet held by the Region.
- 4.5 Any additions to the Squad Registration Sheet must be lodged, together with any related Age Banding Forms, and updated ENGage club roster by midnight on Tuesday prior to the date of any Match in which the Player participates.
- 4.6 Once a Player has played for a Team in any qualifying competition for the League or played for a Team in the League, she cannot transfer to another Club within the League during the current playing season.
- 4.7 No Player who has played for a Team in any qualifying competition for any other U16 Regional League or played for a Team in any other Regional League, may play for a Club within the League during the current playing season.
- 4.8 Players may not participate in a League match if they have participated, or will participate, in a senior Regional League match or England Netball Premier League match on the same day.

5. COMPETITION VENUE & SCHEDULING

- 5.1 Matches will be played at venues within the Region with adequate surrounds and ancillary facilities for approximately 30 participants, including changing and showering facilities for both sexes, in accordance with the Minimum Criteria set out by the Region, unless otherwise agreed by the Region in their sole discretion. Clubs are responsible for the booking and full cost of hire of facilities for their home fixtures, which should be booked for a minimum of two (2) hours per match to allow for a minimum 30 minutes warm-up time, the playing of the match and any delay to start times as per rule 5.5.
- 5.2 The Region will conduct a risk assessment of venues to ensure they are suitable. Umpires will conduct a risk assessment prior to each match to ensure that the venue is suitable for the Match to be played and together with the Clubs take all reasonable steps to mitigate any risk so identified. The Region will not be liable to a person for any direct or indirect loss or injury resulting from the venues.
- 5.3 Items such as prams, pushchairs, bicycles and any other non-netball equipment identified by the Umpire(s) as a hazard are not permitted within the court area / surrounds.
- 5.4 All Matches must be played on the date specified by the fixture schedule, except as otherwise agreed by the Region. Where the Region sets a reserve date, this must be used for the first postponed Match.

- 5.5 Matches are to start between 9.30am and 2.30pm. Any dispute over start times will be determined by the Region at its absolute discretion.
- 5.6 Clubs should provide the details of their proposed main home venue on their entry form. The home Team must further directly provide the U16 Regional League Officiating Co-ordinator and their opponents with confirmation in writing of the start time of the match, the venue address including post code, and travel directions, at least 21 days prior to the date of the first Match of the League.
- 5.7 Clubs will be responsible for arranging their own travel, and the costs of any travel. All Teams should allow sufficient travelling time to cover any unexpected delays. Matches should start at the agreed start time, or as soon thereafter as both teams have the minimum number of players required by the rules, to start the Match. If a Team is not able or willing to start the Match fifteen (15) minutes after the agreed start time, the match may be forfeited. Any non-offending Team may be awarded the points for the Match and the offending Team may be deducted points in respect of a Match not played. The Umpires and Teams may be asked to submit reports on the circumstances to the Region which will decide upon the result and the allocation of points.
- 5.8 No Team may postpone or cancel a Match without the agreement of the Region. Matches which are postponed due to extreme and unforeseen circumstances or for any other reason e.g. flash flood, heavy snowfall, will be played at a later date as agreed by the Region. If a match is cancelled or postponed, it is the responsibility of the home Team to ensure that the Competition Referee, the opposition Team and both Umpires are informed immediately the cancellation or postponement is known.
- 5.9 In the event of a clash between any League fixture and any England Netball national club or schools competition, or other netball event that the Region deems to be of appropriate significance (in their absolute discretion), Clubs may apply to the Region for a rearrangement.
- Any such application must be made at least one month prior to the fixture date.
 - The Region will decide in their absolute discretion as to whether the Team will be materially impacted by the clashing event.
 - Where an application is approved, the Club applying must agree a new fixture time and date with their opposition.
 - Where clubs are not able to agree on a date, the LMG will specify a time and date on which the fixture is to be played.
- 5.10 In the event that a Match is abandoned for any reason e.g. because of serious injury, non-arrival of an Umpire (as per rule 6.2.4) or an emergency at the venue, the result or re-playing of that match will be determined by the Region at its discretion.
- 5.11 If a Team cancels a match or fails to fulfil a match, except where permitted by the Region in rules 5.8 and 5.10:
- The non-offending Team will be awarded five (5) league points for the match, and the team which cancels will have five (5) league points deducted from their total.
 - The Team which cancels may be liable to pay any costs which the non-offending Team and Match Officials have incurred, subject to the deliberations of the Region.

The playing of a friendly match will not constitute fulfilling a Match and the above sanctions will apply.

6. PLAYING AND COMPETITION

6.1 Match rules and format

- 6.1.1 All Matches shall be played to the World Netball Rules of the Game and England Netball's domestic guidance currently in force in England at the time, except where specifically stated in the Regulations. League Protocols for Clubs, Umpires and Scorers as set out in the League Handbook shall be applied to all Matches.
- 6.1.2 All matches shall be of one hour's duration (i.e., four quarters of 15 minutes each). Each quarter-time interval will be 3 minutes with a half-time interval of 5 minutes.
- 6.1.3 The first named Team for each Match on the Match schedule will be deemed to be the home Team.
- 6.1.4 Each Team in the League will play each other twice, on a home and away basis.
- 6.1.5 Each team may declare up to twelve (12) players prior to the start of each Match by completing their team section on the official Results Sheet. Players' names must be completed in full. Umpires will ensure that the team section has been completed and the Results Sheet lodged with the Scorers prior to the Match. Players not on the Results Sheet prior to the start of the Match may not take part.

6.2 Match Officials (Umpires)

- 6.2.1 Suitable Umpires identified by the RMB will be placed into a pool. Umpires will hold England Netball membership for the current season together with a Europe Netball Award ('C' or above). Neutral umpires shall be allocated to each match by the U16 Regional League Officiating Co-ordinator and their appointment will be notified to the teams in advance of each match.
- 6.2.2 In conjunction with England Netball, the Region has responsibility for procedures, which ensure that Umpires conform to a standard of physical fitness, which allows them to keep pace with the speed and variability of the game(s). All Umpires will be required to have passed a Fitness Test which shows they have met Level 5.1 of the 20m Multistage Fitness Test (Beep Test).
- 6.2.3 The umpires' travel expenses will be a payment which shall be determined by the Region, and will be covered by the entry fee to the League.
- 6.2.4 In the event that an Umpire fails to arrive, or is injured or taken ill during a match, if another Umpire of the appropriate standard (who must be an active member of England Netball on the ENGage system) is available then she/he will umpire the match. If another Umpire is not available, the match will be abandoned. The Competition Referee must be informed of the non-arrival of any Umpire immediately after the Match (or decision to abandon).
- 6.2.5 On the event of any Player being Suspended or Ordered Off, the Umpires must submit a written report on the circumstances leading to such Suspension or Ordering Off within 72 hours of the Match, sent by email to the Competition Referee.

6.3 Technical Officials

- 6.3.1 The Technical Officials are the Scorers and Timekeepers who shall constitute the Official Bench.
- 6.3.2 Scorers will be required for all Matches. Each Team must provide a competent Scorer, either an Umpire, qualified Technical Official or a person with a good working knowledge of scoring (which cannot be a Team Official or Player).
- 6.3.3 Each Team must provide a competent Timekeeper for all Matches, however the Scorer and Timekeeper may be the same person.
- 6.3.4 The Technical Officials will time any Suspensions and supervise any player who has been Suspended or Ordered Off for the specified period of playing time.
- 6.3.5 In conjunction with the Umpires, Scorers are required to record ALL Game Management sanctions (Warning, Suspension or Ordering Off) on the official Results Sheet.

6.4 Team Officials

- 6.4.1 Each Team may have up to five (5) Team Officials. These will include a Coach, Team Manager and at least one Primary Care Person. A team may have a sixth team official only if that role is a team doctor.
- 6.4.2 Team Officials may be fewer than specified and may therefore undertake several duties. However Primary Care Persons must not also be Players and it is preferable that they do not hold any other role.
- 6.4.3 The Team Officials and up to five (5) players not on court shall constitute the Team Bench.
- 6.4.4 The Team Bench will be situated at opposite ends of the court, usually to the right of the netball posts, unless otherwise agreed with the Umpires. The Team Bench does not change ends during any intervals.

6.5 Kit and Equipment

- 6.5.1 All players on court should wear the team uniform as registered with the Region. It is recommended that a spare kit is provided by each team to be readily available during a Match, for example, to replace blood-stained clothing.
- 6.5.2 Teams must carry an alternative set of bibs for use where a clash of colours occurs. It is the Team Manager's responsibility to identify any potential clash. Where a clash of colours is identified, the away Team shall wear the alternative kit.
- 6.5.2 Each Team must provide a size five (5) netball to the Umpires. The Umpires will check both match balls and determine one for use as the match ball and to be used as the reserve.

6.6 Injuries and Accidents

- 6.6.1 It is the responsibility of each Team to have an identified Primary Care Person and provide and carry adequate first aid cover for its Players and Team Officials, which should also be made available to the Umpires upon request.
- 6.6.2 Team Officials are required to take great care in moving an injured player or ill player from the court.
- 6.6.3 Should the Primary Care Person feel that an injury is critical (e.g. head, neck or back) and that the injured Player should not be moved without the assistance of medical staff, which means it is not possible to complete the match as per rule 5.7 the Umpires should make a report to the Competition Referee who will adjudicate.
- 6.6.4 For all accidents or injuries on or off the court at the League, where any Player, Team Official, Match Official, Technical Official, spectator, volunteer, staff member or any other individual connected to the League is injured, the Club must complete an Accident Report Form and return it to the Region.
- 6.6.5 This procedure should be followed for all injuries and accidents, regardless of whether or not medical treatment is given.

6.7 Scoring

- 6.7.1 The League results table will be compiled on the basis of the points awarded to each Team.
- 6.7.2 Teams will be awarded league points as follows:
 - Five (5) points for a win
 - Three (3) points for a draw
 - Two (2) points for a loss in which the Team scores within 5 goals of the winning Team's score (i.e. they lose by 4 goals or less)
 - One (1) point for a loss in which the Team scores more than 50% per cent of the winning Team's score
 - Zero (0) points for a loss in which the Team scores 50% or less of the winning Team's score
- 6.7.3 Where Teams are level on points:
 - Goal Average shall be used to determine their relative positions, i.e. the Team with the higher average score shall take precedence.
 - In the event that Goal Average does not differentiate between the Teams, then the Team with the higher Goal Difference shall take precedence.
 - In the event that Goal Difference does not differentiate between the Teams, then the Team with the greatest number of goals scored shall take precedence.
 - In the event that neither Goal Average nor Goal Difference nor goals scored can differentiate between the Teams, the Region shall determine the means of differentiation.

Note – where one of the Teams has its Goal Average, Goal Difference or total number of goals scored affected by conceded fixtures or fixtures affected by the playing of an ineligible player, then all goals scored by and against conceding or penalised Team(s) in

the equivalent home or away fixture shall be omitted in from the calculations above for the Teams level on points (except where one of the Teams level on points is the conceding or penalised Team, at which point they assume a Goal Average of zero (0) and will be the lowest ranked Team of those level on points.

- 6.7.4 If a Team withdraws from the League during the season, all associated points and goals (for and against) will be removed from the League table.

6.8 Registration of Results

- 6.8.1 The home Team must provide the official Results Sheet for the Match, including the Game Management Form.
- 6.8.2 The Results Sheet must be checked and signed by both Scorers and Umpires and checked by the Team Captains. Once the official Results Sheet has been submitted no dispute can be lodged unless it was clearly marked 'under protest' in accordance with Regulation 7.1.2.
- 6.8.3 If there is disagreement in relation to the final score, the procedure outlined in Section 7 (Competition Complaints Procedure) should be followed.
- 6.8.4 The home Team must send the completed official Results Sheet should to the Region within 24 hours of the match, and final scores should also be sent by text or email within 2 hours as directed in the League Handbook. Both Teams should also complete and submit their squad lists online if required and directed by the Region.

6.9 Qualification for England Netball National Clubs Finals

- 6.9.1 The top two (2) Teams from the League will qualify to progress to the England Netball U16 National Clubs Finals.
- 6.9.2 If a Club drops out, or refuses their place, the place will be offered to the next highest placed Team(s) in order of their finishing positions.
- 6.9.3 If a Club wishes to use a Player at the England Netball U16 National Clubs Finals who was not named on the Squad Registration Sheet for the League (as the final feeder competition), the Club must provide evidence that the Player has played for the Club prior to the date of the final feeder competition. Failure to provide evidence will result in the Player being ineligible. Any Player that has represented another Club in the League, or other U16 final feeder competition (e.g. other regional league) will also be ineligible. The final decision on eligibility will be made by England Netball.

7. COMPETITION COMPLAINTS PROCEDURE

- 7.1 All queries and complaints (a Complaint) should be directed to the Competition Referee in the first instance, which will be dealt with as follows:
- 7.1.1 Where the Complaint relates to the Competition format or management, including (but not limited to) the schedule, the opposing Team, the playing surface or other playing arrangements, a protest must be made, before the start of the Match (or as soon as possible after the issue becomes apparent during the Match) to the Competition

Referee. The Complaint must then be acknowledged by the Competition Referee who will decide what action should be taken.

7.1.2 Where the Complaint relates to the playing of a Match, the scoring, and/or its result, the Captain or Team Manager must do the following:

- a) Inform their opponents and the Umpires of their complaint on the day of the Match, **either before or immediately after the Match**;
- b) Mark the Results Sheet with the words 'Under Protest';
- c) Send the marked Results Sheet to the Competition Referee within seventy-two (72) hours of the Match;
- d) Attach a letter to the Results Sheet to explain the issue in full to the Competition Referee.

The Competition Referee will decide what action should be taken.

7.1.3 The Competition Referee will acknowledge receipt of the query or Complaint and make a decision on the matter within seventy-two (72) hours of receipt of the query or Complaint. The Competition Referee's decision in relation to decisions taken under clauses 7.1.1 or 7.1.2 is binding except where parties to the Complaint have the right to appeal the decision under section 8 below.

7.2 Where a Complaint relates to the governance or administration of the League by the Region, such complaints will be dealt with under the Complaints Procedure of the Region.

7.3 Where a Complaint relates to the behaviour of a Player, Team, Team Official, Technical Official, Match Official, volunteer or individual attending the League which could be considered as a Disciplinary Offence under England Netball's Disciplinary Regulations, such complaints will be dealt with in accordance with the procedures set out in England Netball's Disciplinary Regulations and should be referred to the Disciplinary Secretary of England Netball.

8. APPEALS AGAINST THE COMPETITION REFEREE'S DECISION

8.1 The decision of the Competition Referee in relation to a Complaint submitted in accordance with sections 7.1 shall be final and binding on all parties save that a party has a right to appeal in the following circumstances:

- 8.1.1 if the decision has a potential impact on a Match result, a League results table, or the outcome of the League; and
- 8.1.2 if there has been a failure by the Competition Referee to follow or act in accordance with these Regulations and/or the Competition Referee has 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.

8.2 An appeal should be forwarded in writing from the Team Manager of the appealing Team to the Region within seventy-two (72) hours of the League.

8.3 The appeal shall be accompanied by a payment of £100 via bank transfer which shall be returned if the appeal is upheld or if there are any other extenuating circumstances. The

Competition Appeals Committee (CAC) will decide whether the extenuating circumstance warrant the payment being returned.

- 8.4 The Region will establish a CAC which will consist of individuals that are independent of and not connected to the League. One of those individuals will be appointed as the Chair.
- 8.5 The Chair of the CAC give notice of the appeal to the opposing Team and any other Team the CAC believe could be affected by the outcome of the appeal. These Teams will be permitted seventy-two (72) hours, from the date the appeal notice is sent from the CAC to submit any evidence or submission that they wish the CAC to consider.
- 8.6 All submissions and evidence must be submitted in writing. The Chair of the CAC will have the discretion to determine the process, procedure and direction of the appeal.
- 8.7 The CAC shall meet and reach a determination within seventy-two (72) hours of receiving all the evidence and submissions.
- 8.8 The CAC will notify all the parties that made submissions and presented evidence of its decision and any penalties and sanctions imposed within twenty-four (24) hours of it reaching its determination. The CAC shall have the discretion to publish the decision through whatever means it considers appropriate.
- 8.9 The CAC shall have the delegated power of the Region to make all decisions and impose and enforce any penalties and sanctions (including but not limited to, reprimands, the deduction of points, fines, suspensions, and expulsions from the League) relating to the appeal. There is no further right of appeal on this decision.
- 8.10 The procedures set out in this section shall be governed by the Arbitration Act 1996 (the Act) and amount to a binding arbitration agreement for the purposes of Section 6 of the Act.
- 8.11 The parties also waive irrevocably their right to any form of appeal, review or recourse to any court or other judicial authority, or under England Netball's Disciplinary Procedures Manual or otherwise, as far as such waiver may be validly made.
- 8.12 The seat of arbitration shall be England, the language used shall be English and the governing law of the regulations and these proceedings under this section shall be English Law.
- 8.13 If the circumstances require a decision to be taken sooner than provided for by this section, and all parties to the appeal consent, the timetable within which an appeal is raised, submissions made, and the decision taken, can be shorter than seventy-two (72) hours stated in this section. In such cases the CAC shall issue a revised directions timetable which shall be binding on all parties.
- 8.14 In order to adhere to the timescales set out in this section, all communication will take place via electronic mail to the Club contacts listed on the League entry form. It is the participating Teams responsibility to ensure the contact details provided to the Region are up to date.

9. MISCELLANEOUS PROVISIONS

- 9.1 The Region will not be liable to any person, whether in contract, tort (including negligence) or otherwise for any direct or indirect loss or injury of any nature, howsoever caused and howsoever arising from the matters covered by these Regulations, provided that nothing in

these Regulations excludes or restricts the Region's liability for any personal loss or injury caused by the Region's own negligence, the negligence of its employees, or for fraud.

- 9.2 All participants acknowledge that participating in the sport of netball involves a risk of personal injury and by taking part in the League, whether as a Player, Team Official, Match Official, Technical Official or spectator, each participant does so at their own risk.
- 9.3 If any of these Regulations are held by any competent authority to be invalid or unenforceable, the remainder of the Regulations shall not be affected thereby.
- 9.4 These Regulations shall be governed by and interpreted in accordance with English law.
- 9.5 Any questions regarding these Regulations can be addressed to the Competition Referee.
- 9.6 The Region reserves the right to amend these Regulations each year in advance of the League, and on receipt of any directive from England Netball.

DEFINITIONS

Some definitions within these Rules and Regulations are set out in the England Netball Membership Regulations and World Netball Rules of the Game or have been defined within these Regulations. Supplementary to these, the following terms shall have the meanings set out below.

Accident Report Form means a form that provided by the Region which records the details required by current legislation regarding reportable accident or incidents.

Goal Average means the goals scored by a Team divided by the goals conceded by a Team (to two decimal places).

Goal Difference means the goals scored by a Team minus the goals conceded by a Team.

Match means an individual game of Netball played as part of the League.

Minimum Criteria means the requirements for an indoor court set out by the Region which accord with the venue risk assessment form.

Player means an individual listed on the Squad Registration Sheet who may from time to time participate in a Match.

Primary Care Person means a person who is qualified to diagnose and treat injury and illness (for example doctor or physiotherapist) with a minimum of a first aid qualification.

Season means the usual winter playing season being 1 September – 31 May, but also includes any qualifying competition for leagues played prior to the start of the Season.

Team means the Players listed on the Squad Registration Sheet.

ENGLAND NETBALL DOMESTIC GUIDANCE FOR MATCH PERSONNEL

The priority must be to encourage increased participation in Netball, while being sensitive to religious practices, cultural differences, health, and well-being issues, for example, climatic weather conditions with due regard to the safety of all participants.

Players Uniform: Exceptionally non-registered playing uniform may be worn. There is no intention to debar players from wearing tracksuits and clothing that reflect the uniform and colours of a club. Umpires should act responsibly and sensitively in checking that the players' uniform reflects both the World Netball Rules and EN Domestic Rules Guidance. Umpires should therefore use common sense when applying the rules in the local leagues.

Gloves: No form of glove should normally be worn when playing Netball. However, EN recognises its responsibility for duty of care to all players playing Netball, particularly outside and within school and junior competition. In extreme weather or climatic conditions, or with a medical condition, gloves may be worn. If for medical reasons gloves are required, then on production of an appropriate medical certificate/letter, a local league, County, Region or EN should allow gloves to be worn. The player should ensure that the gloves worn do not endanger other players' safety. 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 or rubberized embellishments used to improve grip. Umpires are reminded that they still need to be satisfied that any gloves worn do not present an obvious hazard to other players. Umpires must also check fingernails conform to World Netball Rule 3.12 (fingernails must be short and smooth).

Head Coverings: A player may wear a hat, head covering or scarf. They should ensure that the material used for the head covering is soft and without embellishments or loose fibres, which might constitute a danger to any other player on the court, and with potential flowing/flapping edges held securely around the neck or tucked into the shirt collar. Headbands that meet the requirements as above should be allowed. Peaked, baseball or tennis type caps do not meet the requirements and are not permitted.

Eyewear: If a player/coach/official has to wear glasses for medical reasons then she/he is fully insured from an EN point of view, but the glasses are not insured. Sunglasses should not normally be worn when participating in netball activities. 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 EN (or the appropriate League, County or Region).

Jewellery / adornments and medical alerts: It is the individual's responsibility to ensure that they comply with World Netball Rule 3.12. Decorative beading or metal clasps should not be worn in a player's hair as these have the potential to add weight or may act as a slip hazard if they come loose. Players that have beading that cannot be easily removed may choose to cover their hair with a scarf, but this must comply with the guidance outlined in 'Head Coverings'. They may also choose to contain their hair in a net. Dermal piercings (that are located below the skin and cannot be easily removed) and flat religious rings or 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.

Ear Tunnels/Lobe Stretchers: It is recommended that ear tunnels and/or lobe stretchers are not removed as this can lead to a greater risk. These should instead be replaced with a flat silicone 'spacer' and secured into place with tape to prevent them from being dislodged.

Daith /Tragus Piercing: The medical evidence regarding a Daith/Tragus piercing is only anecdotal at this time with some Doctors prepared to support its use and some that do not. England Netball would suggest that the player gets a supporting letter from a doctor and then appeals to their league committee for a dispensation as there may be local regulations that apply. If granted it is suggested that the player wears a headband covering her piercing. Taping is not sufficient, and the headband would offer an additional level of safety to the wearer and other players.

Hair: 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. A single 'ponytail' is sufficient for all hair types. Hair should be free from any decorative adornment. Where an adornment is not easily removable the hair should be suitably secured and covered with a head covering or scarf. This provides an additional level of safety for the wearer and other players on court.

Medical aids: Players wearing medical aids to protect 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 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' form and not inhibit movement for the individual. The wearing of ankle braces does not apply to these medical aid guidelines therefore can be worn. *Please note that Libre sensors used by diabetic players to monitor blood sugar levels are not required to be covered as they pose no additional risk to the wearer or other players.*

Pregnancy: EN recommends that individuals (players, coaches, umpires etc) if pregnant should only participate with approval from their doctor and in accordance with any guidelines issued by EN. Neither EN, nor the registered netball organisation will be held liable for any pregnant individual participating in recognised and authorised netball activity should the expectant mother suffer a miscarriage or permanent damage to herself and / or unborn child as a result of participating. The EN Personal Accident cover will not provide any benefit for injury, loss, or expense due to pregnancy, childbirth, miscarriage, or any consequence thereof. For example, if an 'Insured Person' who is pregnant is involved in an accident (not pregnancy related) and suffers a broken leg then, subject to claims validation, the policy would pay any broken bones benefit, the Hospital Confinement benefit and Temporary Total Disablement benefit due under the Personal Accident Insurance Policy resulting from this injury. However, if the absence or hospital stay is prolonged as a direct result of pregnancy, pregnancy complications or even early childbirth then this would not be covered. The programme of insurance that is centrally arranged by EN is provided as a Membership benefit and ensures that Affiliated Members (referred to in the Liability insurance documents as 'Registered Participants') and in the Personal Accident documents as an 'Insured Person' are covered for Liability and Personal Accident Insurance, at the level of cover applicable to their category of membership. This information is intended as a guide only - full terms and conditions apply as detailed in the policy documents, in association with EN's current Memorandum, Articles, Regulations and Policies. The summary of cover is available in the member welcome email and full policy documents are available from Howden.