LOUGHBOROUGH TOWN NETBALL LEAGUE

HANDBOOK

League rules, guidance and practical information

Contents

1. Title 4
2. Mission Statement 4
3. Rules of the Game 4
4. Code of Conduct 4
    - Players 4
    - Supporters and Parents 4
5. Membership 5
6. Subscriptions 5
7. Registrations 5
    - Clubs 5
    - Players 6
    - Junior Players 6
8. LTNL Committee Members 7
9. Start of Play and Incomplete Teams 7
10. Umpiring 7
    - Umpire and Mentorship Fees 8
    - Unqualified Umpires 8
    - Umpiring and Game Management 9
11. Fixtures 9
12. Club Duties 10
13. Team Duties and Scorer Responsibilities 10
14. Captain's Duties 12
15. Players 12
16. Photography and video capture 13
17. Pregnancy 13
18. Substitutions and Team Changes 14
19. Championship 14
20. Finance 15
21. Trophies 15
22. League Cup / Plate 16
23. Kit 16
24. Jewellery, Medical Devices, Hair & Nails 17
25. Timing – League and Cup/Plate Matches 18
26. Sponsorship 18
27. Disputes, Complaints and Appeals 18

28. General 19
29. Rule Infringement Penalties 20
30. APPENDIX A - Rearranging Fixtures 21
31. APPENDIX B - Cancelling a Match 22

1. Title

The amalgamation of the clubs shall be called **The Loughborough Town Netball League (LTNL and referred to in this document as 'the League')** and shall be divided into divisions as deemed appropriate by **The Loughborough Town Netball Committee (referred to in this document as 'the Committee').**

2. Mission Statement

LTNL will develop and promote the sport of netball for all levels of ability, enabling equal opportunities to all for personal development and enjoyment within the sport.

LEAGUE VALUES

Fair play • Aim high • In control • Respect

Fair play: Operate within the spirit of the rules, always making informed and honourable decisions.

Aim high: Be enthusiastic and motivated to play to the best of your ability.

In control: Be disciplined to always be in control of your actions.

Respect: Always treat all others with respect and dignity.

3. Rules of the Game

The rules of the game of netball are the current rules laid out by England Netball (EN).

4. Code of Conduct

Players

- Play by the rules – **World Netball Rules of Netball 2024**
- Comply with our Mission Statement and League Values.
- Never argue with an umpire or other official - without these officials you can't play netball.
- Control your temper - verbal abuse of officials and other players doesn't help you enjoy or win any games and will not be tolerated.
- Be a team player - it's a team game, treat it that way.
- Treat all players as you would like to be treated - fairly.
- Co-operate with the umpires, your team-mates, and your coach.
- Play for your own enjoyment and improve your skills.

Supporters and Parents

Remember that you are there for the participants to enjoy the game.

- Encourage participation, but don't force it.

- Never ridicule mistakes or losses - supporters are there to support not downgrade.
- Lead by example and respect all players, coaches, umpires and spectators - verbal abuse will not be tolerated and may result in you being asked to leave the sports hall.
- Recognise all volunteers who are giving up their valuable time.
- Never publicly criticise umpires.

5. Membership

Players must be affiliated to their Club through England Netball via the Membership Engage portal and comply with their rules and regulations.

Clubs wishing to change the name of their club must notify the General Secretary.

Any clubs wishing to resign from membership of the League must give notice prior to the AGM in writing to the General Secretary.

Once a team has registered and wants to withdraw either before or during the current season, they will be responsible for all outstanding match fees.

Clubs should ensure they are linked to LTNL on ENgage. This provides assurance to LTNL that all players are registered and therefore covered by England Netball indemnity.

Checks will be made on England Netball membership throughout the season. A club may be fined £75 for defaulting, where players are not registered on Engage, together with an 8 point deduction

6. Subscriptions

A new team entering the League will need to pay a one-off deposit of £20 when registering for the first time.

At the start of a new season each team must pay the League a registration fee of £14 (per team) for membership for that season. Failure to pay the registration fee will mean the team will not be eligible to play in the League.

7. Registrations

Clubs

Clubs must complete the entry form and register the number of teams they wish to enter into the League by the previous year AGM. Priority for registration will be given to current teams until the AGM. After this date, any places will be offered to new teams awaiting entry.

Due to the ratio of club teams per division, team entry in the League is restricted to 4 teams per Club. In addition, the number of teams allowed in each Division is limited to 2 teams per Club (this will be reviewed for 2027-28 season). Exceptional circumstances may be considered by the Committee if it is for the benefit of the League.

Players

At the start of a new season, a fee of £1.50 will be charged per player to register with the League. There will be no charge for re-registrations during the season.

No player shall be eligible to play in any fixture unless they have been registered by the club with the League and the EN (membership number must be provided).

A player may register as a new player with the League or may transfer from one club in membership of the League to another club (unless within six match weeks from the end of the season).

This is subject to:

- The registration form (and second claim EN registration if club transfer) being completed, signed and received by the Registration Secretary*.
- The appropriate fee being paid*.

*The Registration form must be received by the Registration Secretary no later than midday on the Thursday prior to the player taking part in a league, cup or plate match on a Saturday or Sunday.

Failure to do this will incur a deduction of all match points (minimum 4 points), as per Clause 15.

A player can re-register from one team to another team within the same club (unless within six match weeks from the end of the season) if written instruction is received by the Registration Secretary, no later than midday on the Thursday prior to the player taking part in a league, cup or plate match on a Saturday or Sunday as per Clause 15.

The minimum age to play in the LTNL adult League is 16 years old. Age banded players can take part in the League providing they are aged 14 or 15 and if they have been given permission by the Leicestershire Netball Safeguarding officer.

Registration will **NOT** be accepted for a player under the age of 14.

Junior Players

A parental consent form must be signed by a parent or guardian before a junior player (under 18) is eligible to play.

In addition, the Leicestershire County Netball (LCNA) 'Application for Young Person to Play in Adult Leagues' form (**Policies - LEICESTERSHIRE COUNTY NETBALL**) must be completed for junior players aged 14 or 15. The Registration Secretary must have notification that this has been signed-off by LCNA, before being eligible to play for a team in their assessed Division only (or below).

Players at age 14 years are NOT eligible to play in the LTNL Premier Division.

Failure to comply with the above will incur a deduction of 8 match points, as per Clause 15.

There is a maximum limit of 3 x aged 14 and/or age 15 players on court at any one time. Failure to comply will incur a deduction of all match points (minimum 4 points), as per Clause 15.

Please refer to our **Young Persons Guidelines** on the LTNL website for further details.

8. LTNL Committee Members

The officers of the League shall be the Chair, General Secretary, Minute Secretary, Treasurer, Fixtures Secretary, Registration Secretary, Umpires Secretary, Leicester Liaison Officer, LCNA Liaision/Coaching Rep, Social Media Secretary, Web Master and Ordinary Members.

The Committee, each fulfilling their respective position, shall govern the League in conjunction with the Constitution. They shall have the power to fill any vacancy, which may occur during the season at their next consecutive meeting. A Committee member missing three consecutive meetings will be considered to have resigned unless an explanation satisfactory to the Committee is received.

The Committee shall meet as the occasion demands. The Annual General Meeting (AGM) will be held at the end of the season. Notice of this meeting, together with the agenda shall be sent to all clubs at least four weeks prior to the date of the AGM. The meeting shall elect committee members for the forthcoming season. All nominations must be proposed and seconded before election can take place. Existing Committee members may re-stand without nomination if unopposed. There must be a quorum of five at each Committee meeting.

9. Start of Play and Incomplete Teams

- All matches must start as per fixture list at the designated venue.
- Time will be taken from the sports hall clock.
- Each match will commence and finish on the umpire's whistle.
- The Duty – Home Team on Court 1 will be the central timekeeper for each match.
- Each team must provide a scorer for their league, cup or plate match. Teams will be required to drop a player on court to provide a scorer if necessary.
- There must be a minimum of five players per team on court at start of play. If a team cannot field five players at the START TIME, the points and goals will be awarded to the opposition – eight points and 30 goals.
- A player arriving late may take to the court in the vacant position, at the umpire's signal after a goal or injury. Positions may then be changed at each break.

All Teams should familiarise themselves with the LTNL Duty and Scorers requirements see Clause 13

10. Umpiring

Each team entering the League must provide at least one qualified umpire for the season. The minimum umpiring age in LTNL is age 18. Umpires should carry the latest World Netball Rules of Netball 2024 Rule Book/App.

There must be two qualified umpires present at every match before the match can commence.

Umpires should:

- Wear suitable clothing for all umpiring fixtures.
- Umpire to the best of their ability and be impartial.

- Ensure that they arrive with enough time before the match is due to start to check players' nails are short and that no jewellery is worn. (Wedding rings may be taped). For further details on Jewellery, Medical Devices, Hair & Nails, please see Clause 24.

Umpires can cover: 2 x Umpire duty plus 1 x Mentor duty or 1 x play (one match). I.e. maximum of 3 duties/play (no more than 2 x Umpire duty per match day).

If an umpire arrives late, they should take over from the stand in umpire only after a goal has been scored.

Umpire Responsibilities for each match

- Note the duty team and ensure that two scorers are in place prior to the start of the match (with the scoreboard placed between them).
- Agree the quarters and final score with the scorers and enter on to the central match proforma at the umpire table.
- Record any warnings/suspensions/ordering off on the central match proforma.
- Sign the match-proforma-at the end of the match and enter their LTNL umpire number.

In all matches the umpires' decision is final. No verbal complaints or criticism shall be accepted by the Committee regarding umpires.

Umpire and Mentorship Fees

Any team booking an umpire to cover their umpiring commitment will pay the umpire fee of £20.

If the request is made within 24 hours of the match, the fee will be £30.

Any team failing to fulfil their umpiring duties or fielding an unqualified umpire (without prior permission) will incur a 4 points deduction and a £30 umpiring fee. This rule still applies if the umpire that fails to turn up was an umpire that the club had sourced to cover their umpiring duty. The club is responsible, not the umpire. The 'stand in' umpire is responsible for letting the Committee know of any default, in writing on the central match proforma, including the umpire's name and the club.

Unqualified umpires are allowed to umpire in LTNL as detailed below. They or their club will pay a total umpiring fee of £20. (The mentor will normally receive £10 of the fee and £10 will be given to the trainee umpire). This is in line with LCNA guidelines.

Unqualified Umpires

Unqualified umpires are allowed to umpire as follows:

- **INTO Officiating Assessed Umpires:** Must have attended an INTO Officiating Award virtual course and passed their practical assessment. Please contact the LTNL Umpire Secretary to confirm this has been completed. An INTO Officiating Assessed Umpire will be able to umpire an unqualified LTNL Division 3 'Into Officiating Umpire slot' if they have a mentor present.
- **Pre-Practical Test - C Award Umpires:** Will have completed the INTO course, passed an INTO practical assessment and attended a C Award course. A Pre-Practical Test - C Award umpire

will be able to umpire an unqualified LTNL Division 2 or 3 'C Award Course slot' or 'Into Officiating Umpire slot' as long as they have a mentor present.

Umpiring and Game Management

If a player or spectator behaves in an unreasonable manner, the umpire will speak to the captain of the team concerned and follow the Game Management Protocol. If the same player continues to behave unreasonably, the umpire will forward her name to the Committee, who will investigate the matter.

The LTNL will not tolerate any aggressive or intimidating behaviour towards any umpire that contravenes the LTNL values (see Clause 4. Code of Conduct).

Clubs are responsible for their spectators. Any spectator behaving in an unsporting manner will be warned by the umpire, and if they continue, will be asked to leave.

When entering the Sports Hall, all players should be mindful of the match taking place and if necessary, wait for a signal from the umpire that they are able to make their way safely to the benches.

11. Fixtures

Each team shall play fixtures as specified by the Committee. The Fixtures Secretary will inform each club secretary of all fixtures.

In the event of a match not being played to the finish owing to circumstances over which neither team have control, the following will apply:

i) If 50% or more of the game has been played, the score will stand as the final result, and all match fees need paying in full.
ii) If less than 50% of the game has been played, a decision on the outcome and any match fees due will be made by the Committee, unless both teams agree on the day for the score to stand.

If a match is cancelled by one of the teams:

- The **defaulting team** will be required to pay the cost of that match (both teams match fees plus umpiring fees where necessary).
- If notification of cancellation is not received prior to the day of the match, they will also **be deducted four points**.
- The non-offending team will be awarded **eight points and 30 goals.**
- If a team does not turn up for three consecutive matches, they will automatically be banned from the League and ordered to pay the total cost of all their unfulfilled matches for the rest of the season and forfeit their deposit.

Procedures for re-arranging fixtures - see Appendix A.

Procedures for cancelling a match - see Appendix B.

12. Club Duties

The club secretary must ensure that all players have the correct EN membership before they play in any fixtures.

They must inform the League of any name changes that may occur in their teams during the season.

The club secretary must inform all their team(s) members of LTNL minutes of all meetings, important events, fixtures, tournaments etc. and is required to attend secretaries' meetings when requested.

Club secretaries will be invited to be part of a WhatsApp group chat as a mechanism for sending any urgent messages between the Committee and Clubs during the season.

Failure by any club representative to attend any secretaries' meetings or the AGM will incur a £20 fine for the appropriate club.

Cover additional ad-hoc duties as required on request of the LTNL Committee.

13. Team Duties and Scorer Responsibilities

As noted on the Fixture List, each team will undertake duty to help run league matches and Cup and Plate matches.

For the 26-27 season:

- Duty will now be the responsibility of the HOME TEAM for their game only.
- The duty person can also be the scorer for the team.

This format will be regularly reviewed by the LTNL committee during the season and adjustments may be made based on feedback received.

Home teams failing to undertake their team duty will be deducted four points.

RESPONSIBILITIES OF ALL DUTY - HOME TEAMS

COURT 1 AND 2

- Arrive at least 10 minutes before start of play
- Help the Committee open and close the courts (this includes kit bag, tables, balls, electronic scoreboards, first aid kits etc.). This applies when a team has the first and last match of the day.
- Set up electronic scoreboards ready to start a game
- Write the team names on the whiteboard prior to each match:
    - The home team is the first team name on the Central Match Proforma and should be written on the left-hand side of the whiteboard.
- Ensure game management sanctions (Warnings/ Suspensions/Ordering off) are recorded by umpires on the Central Match proforma and organise the timing of any suspensions from court:

- Time a 2-minute **suspension period** (begins when play re-starts) and advise the umpire when the time has elapsed. The suspended player MUST sit on the score bench for the 2 minutes. The player or substitute may return to court at next break of play.
- Time a 4-minute **ordered off period** (begins when play re-starts and advise the umpire when the time has elapsed. The ordered-off player MUST sit on the score bench for the 4 minutes. After 4 minutes a substitute may return to court at next break of play.

COURT 1: ADDITIONAL RESPONSIBILITIES OF DUTY – HOME TEAM

- Organise the central timing for all matches using the electronic scoreboard
- Start the scoreboard timer at specified match times whether teams are ready or not.
- Sound the hooter on the electronic scoreboard as follows:
    - approximately one minute before each match starts to allow teams to be on court at the start of the game.
    - approximately 30 seconds before the start of the next quarter.
    - Time two minutes break at quarter time and three minutes break at half time

FOR NOTING: The Committee member on duty will take a photo of the central match Proforma and send to the LTNL Committee at the end of the afternoon via WhatsApp.

SCORER RESPONSIBILITIES

Each team MUST provide one scorer for ALL league matches plus cup/plate matches. Teams will be required to drop a player on court to provide a scorer if necessary. A supporter can be a scorer and should be fully aware of the responsibilities of a scorer detailed below.

To align with the changes to duty for the 26-27 season, scorer responsibilities have changed as a result. Scorers will now be responsible for recording each goal their own team scores on the electronic scoreboard. The scorer can also be the duty person for the home team.

The Home Team scorer on Court 1 must also take responsibility for the central timing of matches on both courts as detailed above.

Failure to supply a competent scorer for a match will result in a four-point deduction.

All scorers to be aware of the new arrangements highlighted in BOLD.

All Scorers will:

- Arrive in good time for the start of the game
- **Locate themselves by the Central Umpire Table and sit on the bench next to the opposing team's scorer with the electronic scoreboard placed in between them on the bench.**
- Be responsible for accurately recording all goals scored in the match on their score sheet.
- **Be responsible for recording each goal their own team scores on the electronic scoreboard.**

- Ensure the score board and centre passes are correct.
- Agree the quarter time scores and next centre pass with the umpires at the end of each quarter.
- Ensure that any warning/suspension/ordering off is recorded on their team's Score Sheet in the box provided.
- Keep a record of centre passes, call the correct centre pass if requested by the umpire and be prepared to confirm the score to an umpire at any time during the match.
- If the scoreboard is not working, one scorer must call the score after every goal - loud enough for all on court players to hear.
- If both scorers think that the umpires have signalled an incorrect centre pass, IMMEDIATELY signal to the closest umpire by raising an arm and shouting UMPIRE.
- Do not coach, make comments or shout encouragement during the game.

14. Captain's Duties

The captain should be minimum age 18 and participate in the game.

Captains must check that her teams' nails are short (tape is not allowed) and that all jewellery has been removed (wedding rings taped).

The captain must toss with the opposing captain to decide the first centre pass before the match is due to start. The captain for the first named team tosses a coin and the other captain calls. The captains will notify the official bench and umpires of the result of the toss.

The on-court captain must wear identification as specified by the LTNL (Velcro tags are available in Committee Kit Bag). During an interval, clarification of any rule may be sought from the umpires by the captain and/or any other player concerned.

If a team is of the opinion that their opponent did not play in the spirit of our League or their behaviour breaches our Code of Conduct (see Clause 4), they must tick poor on the team sheet. The captain should then complete the Feedback/Complaint Form which can be found in **LTNL Policies** with detailed information as to the recording of poor. The Committee will review the reasons for the poor score and may wish to investigate more fully. Where appropriate, the Committee may apply a sanction to the team or persons in breach of the code of conduct

Captains must print team sheet and score sheets and ensure they are fully completed with any substitutes playing or positional changes/tactical changes recorded on the team sheet and a photo sent to: results@ltnl.co.uk by 8pm on the evening after the match.

Failure to do so will result in one point being deducted from their team.

15. Players

A minimum of seven players must be registered for each team throughout the season. A player must register with the League as per clause 7.

Where a club has more than one team entered in the League, a player registered for the higher designated team may not play for teams with lower designations without re-registering. Once re-registered down to the lower designated team, they may not play up again (or be re-registered up) for the remainder of the season.

A club who plays a player down into a lower division team, and is not registered with the correct team in the LTNL will pay the following penalty:

- The defaulting team, whether it wins, loses or draws its match, will incur a deduction of all match points (minimum 4 points).
- When points are not at stake, such as the League cup and plate competitions, the defaulting team will forfeit the match.

Each player has a total of three 'lives' throughout the season, irrespective of re-registration up to a higher designated team with the same club.

A club who plays a player up into a higher division team, who has used 3 lives and is not registered with the correct team in the LTNL will pay the following penalty:

- The defaulting team, whether it wins, loses or draws its match, will incur a deduction of 2 match points (for the first instance only, subsequent occurrence will incur a deduction of all match points (minimum 4 points)).
- When points are not at stake, such as the League cup and plate competitions, the defaulting team will incur a deduction of 2 League match points (for the first instance only, subsequent occurrence will forfeit the match).

As per Regional League ruling, a player cannot play in the LTNL if they have played more than 16 quarters in the National Premier League (checks will be made with the Regional League to monitor this). In addition, any player in a Super League team squad, cannot play in the LTNL.

All issues regarding the safeguarding of young people and vulnerable adults remain the responsibility of the club that they play or umpire for.

16. Photography and video capture

Players are allowed to video capture/photograph for educational purposes only.

To take photos or videos of a match, the photographer must complete the Image Capture Permission Request Form on the LTNL Website (**LTNL Policies**) to seek permission from both umpires and team captains. This form should be submitted to the LTNL General Secretary: **ltnl-gensec@outlook.com.**

They also need to ensure that any players that are under 18 have parental permission to have any images recorded.

17. 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.

Please refer to the EN domestic rules guidance for more information/advice - INF RULE 5.1.1 PLAYERS: (**England Netball Domestic Rules Guidance April 2024**)

Please note this guidance supersedes previous guidance that players, coaches, officials should only participate up until their 12th week of pregnancy.

18. Substitutions and Team Changes

The rule, as stated under rule 10 in the **World Netball Rules of Netball 2024**, applies.

NB: NO stoppage time is allowed for LTNL matches.

Both teams have the right to make substitutions and/or team changes:

a. During an interval.
b. When play is stopped for injury/illness of a player or blood

Both teams may make tactical changes immediately after a goal has been scored following a request from an on-court player to the umpire.

Tactical changes are NOT permitted within the last 2 minutes of the game.

The number of substitutions and/or team changes is unlimited during a match provided the players used are those named for the match. However, if the number of requests for tactical changes becomes frivolous the umpires may refuse the request and/or penalise the infringing team for delaying play (World Netball Rules of Netball 2024 [Rule 19.1] and [Rule 19.2])

When completing the team sheet at the end of the match, any substitutes and the position played, must be recorded if they took part in the match.

19. Championship

To decide the championship, the following points are awarded:

- Four points will be awarded for a win
- Two points for a draw
- One point to the losing team if they score 50% or more of their opponent's total goals.
- One point will also be awarded to the team scoring the most goals in a quarter (i.e. Winning the quarter), or ½ point for each team if they both score the same goals in the quarter.

The team with the greatest number of points at the end of the season shall be declared the division winners. In the event of two or more teams having the same number of points, then the goal difference shall decide the division. In the event of the goal differences being equal, the teams concerned shall play a deciding match(es), as the Committee may determine.

The winners and runners up of the first, second and third divisions **will qualify for promotion** to the division above. Teams finishing in the last two places of the premier, first and second division will be demoted to the division below (depending on team entry).

In the event of new teams entering the League or a team(s) resigning from the League, the Committee will make the cut, forming the division for the following season. In this case, the situation will be fully discussed at the pre-season LTNL Committee meeting. All new teams will automatically be placed in the lowest division – unless assessed by the Committee to be more suitably placed in a higher division as spaces allow. A new team will be a team that contains less than five players from an original team from the previous season.

20. Finance

The LTNL Committee will decide the level of payments applicable. All league members are requested to support all the fund-raising activities arranged by the Committee throughout the season. A statement on the financial situation of the League will be presented at the AGM. All monies owed to the League must be settled seven days prior to the AGM.

The treasurer will issue invoices periodically to all clubs for match fees and for any fines/penalties, payment should be made via BACS transfer within 14 days from the date of the invoice.

21. Trophies

Trophies will be awarded in the following:

Championship Division winners	Premier, First, Second, Third Division
Championship Division runners up	Premier, First, Second, Third Division
League Cup winners	
League Cup runners up	
League Plate winners	
League Plate runners up	
Player of the year	Premier, First, Second, Third Division
Sportsmanship Trophy	Premier, First, Second, Third Division
Umpiring Award	
Sue Jones ‘Above and Beyond’ Trophy	

All trophies shall remain the property of the League and cannot be won outright. No club shall engrave or interfere with them in any way and must keep them clean (Goddard’s Long-Term Silver Polish recommended). Individual awards won by players may be kept.

Any damaged trophy returned to the League will be repaired and the cost of any such repair will be invoiced to the club that returned the trophy. Any trophy not returned will be invoiced to the club/player for a replacement.

22. League Cup / Plate

All teams affiliated with the League will automatically be entered into the League Cup or Plate Competitions (unless requested to be excluded). This will be drawn at a committee meeting before the season starts.

- Premier and First Division teams will be entered into the Cup competition.
- Second and Third Division teams will be entered into the Plate competition. Teams may request to enter the Cup competition instead if preferred.
- Both the League Cup and Plate will run on a luck of the draw basis.

Each round of the League Cup and Plate will be drawn at a committee meeting after the previous round has been played. When byes are needed to balance the competition, there will be only one bye per team allowed where possible.

If a team withdraws prior to their designated match, the team they knocked out in the previous round will be given the opportunity to play in the match.

Players must play a minimum of four LTNL matches for their CLUB (including League and Cup/Plate) to be eligible to play in the Cup and Plate matches from the quarter-final rounds onwards. The Committee will consider extenuating circumstances. If a player not meeting this requirement has played, the defaulting team will forfeit the match.

If unsure regarding 'lives' of players contact the LTNL Registration Secretary beforehand.

If a team does not fulfil a cup/plate fixture, they will forfeit their right to enter the competition the following season. They will be liable for costs of the match and umpiring fees. If a team does not fulfil their umpiring commitment for a cup /plate fixture, they will incur a £30 fine plus a £30 umpiring fee, this will be payable to the stand-in umpire. They will also be liable for both match fees if the match has to be rearranged.

League Cup and Plate matches must be played on the designated dates and venue provided by the Committee. Rearrangement of these matches to an alternative date or venue is not permitted.

23. Kit

Clubs will state their club/team colours to LTNL as part of their registration for the season.

Aligned to England Netball Inclusive Kit Guidance, club/team kit should be coordinated in colour. This means all players should wear the same agreed colours (i.e. players should wear the same agreed colours for dresses and tops as determined by their club). Bottoms can be plain in colour and must be coordinated and aligned to club colours.

Players do not have to wear identical garments, and the choice of kit is detailed below.

To avoid confusion for both opponents and umpires, identical sets of bibs must be worn by all players. Bibs must have their positions on the front and back to comply with the EN rule regarding the size of letters. Should a clash of colours occur, a coin toss will be taken, and the losing team will change bibs.

Teams should always be on court in full kit.

The following items of clothing are acceptable, provided they are safe for play and match the team's colours: dresses, short/long sleeved tops, vests, skirts, skorts, sports shorts, leggings.

Undershorts should be worn beneath the playing dress/skirt and should be modest, of an appropriate length and fit to provide suitable coverage. They should not be short or revealing or closely match skin colour. All undershorts should maintain a professional and respectful appearance throughout play.

Umpires have the right to refuse to let a player on court if they are not suitably attired.

24. Jewellery, Medical Devices, Hair & Nails

It is the responsibility of the player to remove jewellery, tape wedding rings and cut nails short before the match begins.

- **Jewellery,** activity trackers and communication devices are not allowed to be worn during a match
- **Wedding rings** may be worn if covered with tape
- **All earrings and piercings** must be removed (not taped)
- **Daith piercings** will be accepted for medical reasons. A player with Daith piercings must email a medical note/evidence into the LTNL Committee for this. In addition, the player will have a copy of the medical note/photo evidence on their phone to show umpires, if requested.
    - Players should tape the daith piercing and must wear a headband to cover it.
- **Hearing Aids:** will be accepted for medical reasons. These should be securely attached to the ear and the Umpire advised.
- **Medical devices** may be worn provided they are securely covered with tape and/or padding (including leg supports with a metal hinge, where the metal must be covered)
- **Continuous Glucose Monitors** used by diabetic players to monitor blood sugar levels should be securely covered with tape and/or padding
- **Nails must be short** to ensure the safety of opponents
- **Long hair** should be securely tied back when playing to ensure safety to opponents. Hair accessories must be safe for everyone on court. There should be no sharp adornments worn in the hair
- **Head Coverings** - Everyone deserves to play without compromise. If you wear a head covering for religious, cultural or personal reasons:
    - Hats, headscarves, bonnets or scarves are allowed
    - They should be soft, with no embellishments or loose fibres that could cause a risk
    - Any edges or loose parts must be safely secured or tucked in
    - Peaked caps, visors, or baseball-style hats aren't permitted

25. Timing – League and Cup/Plate Matches

League matches

Each match will consist of four quarters of 15 minutes, a two-minute interval at quarter time and three minutes at half time. All matches should start as per the fixture list time (according to the Leisure Centre clock).

Cup and Plate matches

The Cup and Plate matches will consist of four quarters as per League matches. The Committee has the right to alter the time as deemed necessary and the Committee member on duty will notify the captain of any team concerned of any changes. The Court 1 duty team will time keep each match. as per Clause 13.

Should the match end in a draw the following procedure for extra time will apply:

- The duty team will use a stopwatch/phone to record time and press the hooter when time is up.
- There is an interval of two minutes between full-time and the start of extra time.
- Extra time consists of two halves of five minutes each. Teams change ends at half-time with no interval.
- The first centre pass in each half is taken by the team entitled to the next centre pass.
- In the event of a tie remaining at the end of extra time, a visual signal is placed to the umpire by the official bench to indicate that play will continue until one team leads by two goals.

26. Sponsorship

The League offers a minimum of five percent of the balance recorded at the AGM as sponsorship money to be available to playing members of the LTNL. Application forms for sponsorship will be issued at the start of each season and must be returned to the Treasurer by the specified date. The Committee has the sole right to award and refuse sponsorship after consideration of application forms.

Please see website for Application Form (**LTNL Policies**) Winter League- League Documents.

27. Disputes, Complaints and Appeals

Any dispute or complaint regarding a match and/or its result must be submitted on the designated Feedback/Complaint Form (**LTNL Policies**) to LTNL Committee within twenty-one days of occurrence. The LTNL Committee will then decide whether the matter is deemed serious enough to adjudicate upon at the following Committee meeting.

If it is deemed serious enough for the League to adjudicate upon, the League Committee will endeavour to deal with the complaint/dispute within the next two Committee meetings.

The League Committee will have the power to determine the penalty to be imposed on teams and players who are in breach of the rules/regulations/code of conduct, regarding the playing of

matches in the League. Such penalties include but are not limited to reprimands, the deduction of league points, fines, suspensions, and expulsion from the competition.

If any team/player wishes to appeal against the decision of the LTNL Committee, they must notify the LTNL Chair within fourteen days from the date of the notification of the decision with the appeal details. In this event, the matter will be considered by the Committee at the next meeting or an appeals panel (set by the Committee) to be convened. The decision of the Committee/appeals panel will be final and binding on all parties. Any further appeal should be addressed to the LCNA Chair.

28. General

The Committee has the power to deal with any matters arising that are not provided for in the aforementioned rules, and teams failing to comply with any of the rules. This may result in all or part of the deposit being forfeited.

If you have any suggestions, ideas or points you would like to be discussed at a committee meeting, please email the Committee (comments written on team sheets will not be accepted). All serious comments will be raised at the next Committee meeting.

29. Rule Infringement Penalties

Clause	Infringement	Penalty
5	England Registration - Players	£75 fine may be incurred by the club for defaulting, plus 8 points deduction
7	Non-registered LTNL player	All match points (minimum 4 points) deduction
9	Less than 5 players at start of match	Match awarded to opposing team – 8 points & 30 goals
10	Non-provision of umpire	4 points deduction & £30 umpiring fee
10	Fielding an unqualified umpire	4 points deduction & £30 umpiring fee
11	Non-attendance of a team for a match (no notification prior to day of match)	4 point deduction & full cost of court fees (both teams) & umpire fees
11	Non-attendance of a team for 3 consecutive matches	Banned from league; payment required for all outstanding matches; deposit forfeited
12	Non-attendance of secretaries' meetings & AGM	£20 fine
13	Failure to undertake team duty	4 point deduction
13	Failure to supply competent scorer	4 point deduction
14	Incomplete / non-completion of team / score sheets	1 point deduction
15	Player playing down in the incorrect team	All match points (minimum 4 points) deduction
15	Player defaulting on 3 lives rule	2 match points deduction (first instance only, subsequent occurrence - deduction of all match points (minimum 4 points)
15	Player defaulting on 3 lives rule in a cup/plate match	2 League match points deduction (first instance only, subsequent occurrence - forfeit the match)
15	Playing a non-registered player in a cup/plate match	Forfeit the match
17	Playing / umpiring whilst pregnant without permission	Must leave the court immediately and not play/umpire until end of pregnancy; refer to Clause 17 and EN guidance
21	Non-return or damage to trophy	Invoice club for replacement / repair
22	Player not played 4 matches from quarter-final stage of cup/plate	Team forfeits match if they win
22	Team non-fulfilment of cup/plate fixture	Forfeit entry to next year's competition
22	Non-fulfilment of umpiring duty for cup/plate fixture	£30 fine plus £30 to stand-in umpire (plus both match fees if match has to be re-arranged)

30. APPENDIX A - Rearranging Fixtures

Rearranging Fixtures

- Each team will only be able to re-arrange a maximum of three league matches throughout the season. Cup and Plate matches must be played on the designated dates at the Leisure Centre.
- There are usually no spare fixtures, therefore you will need to identify a swap with another team.
- Permission MUST be sought from the opposing team.
- Contact all teams concerned, at least TWO WEEKS prior to the fixture.
- If all teams agree – a notification email must be sent to the relevant people.
- Inform all umpires, umpiring commitments will have to be met for both teams.
- Check that none of the teams concerned are on team duty. If they are, you must make arrangements to cover.
- Matches must always be played if a team has five or more players.

Notification of Rearranging Fixtures - Checklist:

- Advise Fixtures Secretary that you wish to swap your match, discuss any possible options.
- Contact opposing team and teams you wish to swap with, to request the swap, detailing dates/times.
- If all teams agree, confirm swap via email to relevant teams.
- Agree about umpiring commitments – usually teams agree to swap duties. Responsibility of swap team to ensure all umpiring commitments are covered.
- Check to see if either team has duty cover. If affected by swap, responsibility of swap team to ensure duty is covered.
- Send notification email to advise of match swap to:
    - the League Fixtures Secretary
    - the League Umpire Secretary
    - the League Chair
    - Secretaries of relevant teams
    - Relevant umpires

31. APPENDIX B - Cancelling a Match

Cancelling a Match

- Consider there may be an option to swap the match?
- Inform opponents and Fixtures Secretary by phone and via email preferably at least seven days prior to the match.
- Notification must also be sent to the relevant people below.
- Inform the umpires who should be umpiring the cancelled match.
- Inform duty team.
- Provide umpires for both your team's and opponents umpiring commitments.
- Pay costs of both teams' court fees.
- If opponents are on duty, you must cover their duty.
- If your team is on duty, you must cover your team duty.
- Matches must always be played if a team has five or more players.

Notification of Cancellation of Match - Checklist:

- Advise the Fixtures Secretary that you wish to cancel your match, discuss any possible alternative options.
- Contact opposing team, preferably by phone to advise of cancelation – follow with email confirmation.
- Agree about umpiring commitments. It is the responsibility of the cancelling team to ensure both umpiring commitments are covered. Costs must be covered by the cancelling team.
- Notify umpires of cancelled match to confirm NOT required to umpire.
- Check to see if either team has duty cover. If opponent team or cancelling team are on duty – it is the responsibility of the cancelling team to ensure duty is covered.
- Send notification email to advise of match cancellation to the League Committee:
    - the League Fixtures Secretary
    - the League Umpire Secretary
    - the League Chair
    - the League Treasurer
    - Secretary of opposing team and teams responsible for umpiring the cancelled match
    - Relevant umpires