



香港投球總會

# **Hong Kong Netball Association**

## **LEAGUE HANDBOOK**

### **2017/2018**



**Subvented by  
Leisure and Cultural Services  
Department**

**Hong Kong Netball Association  
Season 2017 / 2018**

| <b>First Half Season</b> | <b>Second Half Season</b>  |
|--------------------------|--|
| <b>Div 1 (9 teams)</b>   | <b>Prem (Top 6 of Div 1) 2 x round robin<br/>(6 teams)</b>                       |
| <b>Div 2 (9 teams)</b>   | <b>Div 1 (Bottom 3 of Div 1 + Top 6 of Div 2) 1 x round robin<br/>(9 teams)</b>  |
| <b>Div 3 (10 teams)</b>  | <b>Div 2 (Bottom 3 of Div 2 + Top 7 of Div 3) 1 x round robin<br/>(10 teams)</b> |
| <b>Div 4 (10 teams)</b>  | <b>Div 3 (Bottom 3 of Div 3 + Top 7 of Div 4) 1 x round robin<br/>(10 teams)</b> |
| <b>Div 5 (9 teams)</b>   | <b>Div 4 (Bottom 3 of Div 4 + Top 7 of Div 5) 1 x round robin<br/>(10 teams)</b> |
| <b>Div 6 (9 teams)</b>   | <b>Div 5 (Bottom 2 of Div 5 + Top 8 Div 6) 1 x round robin<br/>(10 teams)</b>    |
| <b>Div 7 (9 teams)</b>   | <b>Div 6 (Bottom 1 of Div 6 + All of Div 7) 1 x round robin<br/>(10 teams)</b>   |

### **Ladies League Dates 17/18 –**

- September 25<sup>th</sup> (some divisions)
- October 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>
- November 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>
- December 4<sup>th</sup>, 11<sup>th</sup>
- January 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>
- February 5<sup>th</sup>, 12<sup>th</sup>, 26<sup>th</sup>
- March 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> (Semi-Finals)
- FINALS -
  - March 24<sup>th</sup> & March 26<sup>th</sup> (venues still TBC)

### **HK Holidays 17/18**

- National Day – October 2<sup>nd</sup>
- Winter Holidays – December 18<sup>th</sup> – January 5<sup>th</sup>
- Chinese New Year – February 16<sup>th</sup> – 19<sup>th</sup>
- Easter Holidays – March 30<sup>th</sup> – April 2<sup>nd</sup>
- Ching Ming Festival – April 5<sup>th</sup>

# League Handbook

Welcome to the Hong Kong Netball Association (HKNA) League Season 2017/2018. The Executive Council wishes all players, umpires, coaches and supporters an enjoyable and rewarding season.

This year we will be using four venues: Hong Kong Football Club, Sun Yat Sen Memorial Park, Wong Chuk Hang Sports Centre and the Aberdeen Outdoor Courts (Wong Chuk Hang Road Recreation Ground). The HKNA Executive Council wishes again to thank the Hong Kong Football Club for generously providing us with an indoor venue.

This Handbook contains:

- contact information for teams, convenors and the HKNA Executive Council;
- information about umpiring requirements, captain's responsibilities and desk duty;
- directions for the venues.

The By-Laws can be found at: <http://www.netball.org.hk/2ByLawsLink.htm>

Please familiarise yourself with the information in this Handbook and the By Laws.

If you have any questions or concerns, please do not hesitate to contact League Convenors - Jennifer Dax and Emma Gregory, with a copy to HKNA. On a League night, you can also contact any HKNA Representative at your venue.

Happy netballing!

HKNA Executive Council

# Hong Kong Netball Association

## HKNA Executive Council Members

| Name                         | Position                                  | Club        |  |  |
|------------------------------|---|-------------|--|--|
| <b>Executive Council</b>     |   |             |  |  |
| Sherryn Hancock              | President                                 | DB          |  |  |
| Danielle Taylor              | Vice President 1<br>(National Teams)      | Sonics      |  |  |
| Emma Gregory                 | Vice President 2<br>(Umpiring and League) | HKCC        |  |  |
| Christine Yue                | Treasurer (Grassroots Programme)          | HKCC        |  |  |
| Cheng Lai Fun                | Secretary                                 | Hantang     |  |  |
| <b>Other Council Members</b> |   |             |  |  |
| Carol Chan                   | Umpiring Development Convener             | Hantang     |  |  |
| Jenny Dax                    | League Convener                           | AAHK        |  |  |
| Emma Sharrock                | Tournament Convener                       | KRFC        |  |  |
| Lorraine Pak                 | Operations & Events Convener              | Hantang     |  |  |
| Shannon Lee                  |   | HKFC        |  |  |
| Gloria Jung                  |   | HKU         |  |  |
| Chanelle Candy               |   | Valley      |  |  |
| Katharine Wood               |   | HK Scottish |  |  |
| <b>Paid Employees</b>        |   |             |  |  |
| Lorraine Pak                 | Office Manager                            |             |  |  |
| Connie Wong                  | Head of Netball Development               |             |  |  |
| Angela Chan                  | Development Officer                       |             |  |  |
| Haley Ho                     | Administrative Assistant                  |             |  |  |

**HKNA Office:** Room 1016, Olympic House  
 1 Stadium Path, So Kon Po  
 Causeway Bay, Hong Kong  
 Tel: 2504 8208 2504 8207  
 Fax: 2577 5694  
 Email: [hkna@hkolympic.org](mailto:hkna@hkolympic.org)

## CLUB CONVENORS 2017-18

| Club                  | Convenor                            | Phone | Email |
|-----------------------|-------------------------------------|-------|-------|
| Australia Association | Jennifer Dax                        |       |       |
| Discovery Bay         | Hannah Homa                         |       |       |
| DOGA                  | Mandy Hon<br>Nicky Wong             |       |       |
| Dragonflies           | Alison Olsson                       |       |       |
| Forever 21            | Chan King Ling                      |       |       |
| Giants                | Kwok Pui Yan<br>Rowena              |       |       |
| Hantang               | Lorraine Pak                        |       |       |
| HKCC                  | Olivia Meo-Groser<br>Robin Manihera |       |       |
| HKFC                  | Olivia Burgess                      |       |       |
| HKU                   | Crystal Yeung                       |       |       |
| Hong Kong Scottish    | Katharine Wood                      |       |       |
| Kowloon RFC           | Emma Sharrock                       |       |       |
| Maccabi               | Kelly Naphtali                      |       |       |
| Mighty Eagles         | Zoe Belhomme                        |       |       |
| OTS10                 | Zacky Ng                            |       |       |
| Popcorn               | Gigi Hui                            |       |       |
| Sai Kung Stingrays    | Siabhan Duguid                      |       |       |
| Shimmer               | Hui Fong Wing                       |       |       |
| Sparta                | Lee Ka Hei                          |       |       |
| Sonics                | Jessica McCauley                    |       |       |
| The Prime             | Rachel Lui                          |       |       |
| Valley                | Chanelle Candy                      |       |       |

**It is the responsibility of each club to ensure that HKNA is informed of any changes made to this and the following list.**

## HKNA League Teams & Captains 2017 - 2018

| <b>Division 1</b> |                                |              |              |
|-------------------|--------------------------------|--------------|--------------|
| <b>Team</b>       | <b>Captain</b>                 | <b>Phone</b> | <b>Email</b> |
| Hantang Chilin    | Wong Wui Yee<br>Cheng Lai Fun  |              |              |
| Hantang Phoenix   | Angela Chan                    |              |              |
| HKCC Demons       | Julia Broughton                |              |              |
| HKFC Club         | Kate Jolly                     |              |              |
| HKFC Typhoons     | Amelia Weber-Handford          |              |              |
| KRFC Sapphires    | Shirley Yuen                   |              |              |
| Sonics            | Danielle Taylor<br>Lisa Martin |              |              |
| Valley Panthers   | Rachel Bryant                  |              |              |
| Valley Tigers     | Nayaab Murshed                 |              |              |

| <b>Division 2</b> |                       |              |              |
|-------------------|-----------------------|--------------|--------------|
| <b>Team</b>       | <b>Captain</b>        | <b>Phone</b> | <b>Email</b> |
| DB Black Pearls   | Melanie Potgieter     |              |              |
| Giants            | Tai Hang Yi Ginny     |              |              |
| HKCC Devils       | Donna Baxter          |              |              |
| HKCC Dragons      | Jenny England-Brammer |              |              |
| HKFC Monsoons     | Elise Daly            |              |              |
| HKFC Whirlwinds   | Leanne Barbaro        |              |              |
| HKS Pipers        | Anna Foley            |              |              |
| KRFC Opals        | Jenny Day             |              |              |
| Valley Pumas      | Jamie Mok             |              |              |

| <b>Division 3</b>  |                  |              |              |
|--------------------|------------------|--------------|--------------|
| <b>Team</b>        | <b>Captain</b>   | <b>Phone</b> | <b>Email</b> |
| DB Buccaneers      | Miriam Thondan   |              |              |
| Hantang Paitse     | Annie Lee        |              |              |
| HKFC Hurricanes    | Alexia Rutkowski |              |              |
| HKFC Tornadoes     | Olivia Burgess   |              |              |
| HKS Thistles       | Cecilia Ruru     |              |              |
| HKU Duchess        | Sophie Li        |              |              |
| HKU Knights        | Crystal Yeung    |              |              |
| Sai Kung Stingrays | Belinda Hau      |              |              |
| Valley Cougars     | Ailsa White      |              |              |
| Valley Leopards    | Olivia Watson    |              |              |
| DB Buccaneers      | Miriam Thondan   |              |              |

| <b>Division 4</b> |                           |              |              |
|-------------------|---------------------------|--------------|--------------|
| <b>Team</b>       | <b>Captain</b>            | <b>Phone</b> | <b>Email</b> |
| DOGA              | Mandy Hon<br>Nicky Wong   |              |              |
| Forever 21        | Chan King Ling            |              |              |
| HKCC Optimists    | Heidi Welsh<br>Kelly Yule |              |              |
| HKS Bravehearts   | Amelia Black              |              |              |
| KRFC Crystals     | Sophie Jackson            |              |              |
| KRFC Diamonds     | Eliza Hunting             |              |              |
| Mighty Eagles     | Amirah Riley              |              |              |
| Shimmer           | Tang Koala Hei Tung       |              |              |
| Valley Jaguars    | Tara Foord                |              |              |
| Valley Wildcats   | Megan Prideux             |              |              |

| <b>Division 5</b> |                               |              |              |
|-------------------|-------------------------------|--------------|--------------|
| <b>Team</b>       | <b>Captain</b>                | <b>Phone</b> | <b>Email</b> |
| DB Swashbucklers  | Sharon Hubber                 |              |              |
| Hantang Pixiu     | Esther Ma<br>Blue Li          |              |              |
| HKCC Crickets     | Rachel Yen<br>Clare Pemberton |              |              |
| HKFC Cyclones     | Cheryl White                  |              |              |
| KRFC Pearls       | Merie Brown                   |              |              |
| Popcorn           | Patricia Wong                 |              |              |
| The Prime         | Casey Kwong                   |              |              |
| Valley Cheetahs   | Chaanah Crichton              |              |              |
| Valley Lions      | Fiona Lyall                   |              |              |

| <b>Division 6</b> |                |              |              |
|-------------------|----------------|--------------|--------------|
| <b>Team</b>       | <b>Captain</b> | <b>Phone</b> | <b>Email</b> |
| DB Scallywags     | Amy Dunning    |              |              |
| Dragonflies       | Alison Olsson  |              |              |
| HKS Nessies       | Katie Leader   |              |              |
| HKS Whiskies      | Katharine Wood |              |              |
| HKU Bishops       | Gloria Jung    |              |              |
| KRFC Amethysts    | Laura Denholm  |              |              |
| KRFC Rubies       | Sarah Farnham  |              |              |
| OTS10             | Zacky Ng       |              |              |
| Sparta            | Lee Yuet Shan  |              |              |

| <b>Division 7</b> |                 |              |              |
|-------------------|-----------------|--------------|--------------|
| <b>Team</b>       | <b>Captain</b>  | <b>Phone</b> | <b>Email</b> |
| Aussie Cockatoos  | Maryanne McPhee |              |              |
| Aussie Geckos     | Amy Ho Christal |              |              |
| DB Jolly Rogers   | Justine Barlow  |              |              |
| HKS Highlanders   | Cal Jones       |              |              |
| HKS Lochies       | Angela Chan     |              |              |
| HKS Unicorns      | Ceri Hill       |              |              |
| KRFC Emeralds     | Monique Hansen  |              |              |
| Maccabi           | Kelly Naphtali  |              |              |
| Valley Lynx       | Tara O'Leary    |              |              |

## **CAPTAIN'S DUTIES**

The captain should amongst other things:

- Read HKNA Handbook and By-Laws and be familiar with the rules of INF (International Netball Federation).
- Ensure the team is ready to play before commencement of games.
- Ensure players do not go on court wearing jewellery.
- Ensure all fingernails are cut short and smooth and NOT TAPED.
- Ensure the score sheet is completed in accordance with the Handbook and By-Laws.
- Ensure the team has provided a scorer and umpire for the appropriate game and that they know how to record the score and centre passes.
- Ensure all team players are wearing the correct uniform. (No tracksuits or bike pants, unless in cold conditions – Umpires may ask players to remove bike pants or leave the court.)
- Encourage the team to warm up before a game to avoid injury.
- Ensure that all players and supporters respect both umpires and opponents.
- Sign the score sheet and return to Desk Duty Supervisor if you are the winning team.
- Check dates and times of all fixtures and inform all team members.
- Report any mistakes or issues with the fixture to HKNA.
- If forfeiting a game, ensure that it is done in accordance with the By-Laws.
- Comply with the By-Laws in relation to new players and guest players.
- Ensure that the Handbook is passed on to the next captain if you cease in this role during the season.

### **The Score Sheet: please note**

- Names should be printed legibly on the score sheet. Please sign alongside your name.
- Indicate guest players with their team & division they are guesting from.
- Captains must sign the score sheet at the end of the game



# LEAGUE NIGHT DUTIES AND RULES

## DESK DUTY – HONG KONG FOOTBALL CLUB, SUN YAT SEN MEMORIAL PARK and WONG CHUK HANG

It is expected that desk duty supervisors will read through the desk duty folder prior to the commencement of any games. HKFC personnel will have the HKNA Kit Bag in hall. At Sun Yat Sen Memorial Park (SYSMPk) and Wong Chuk Hang (WCH) please retrieve HKNA Kit Bag from the Venue Management.

### **The desk duty supervisor must:**

- **Check the venue for safety prior to the games commencing.**
- Arrive at the venue in sufficient time to set up for the games (at least 10 minutes before the start of the first game).
- Keep central time for all matches and sound the bell (see later in this handbook for timing of games).
- Make the HKNA First Aid Kit available to players. **If the First Aid Kit is lacking in anything, please inform HKNA Office (email: [hkna@hkolympic.org](mailto:hkna@hkolympic.org)).**
- Have a score sheet with clipboard and pen available before each game and check they are returned at the end of each game and are correctly completed.
- Ensure umpires clearly print their name and sign the umpiring record sheet before the relevant game is commenced. This sheet will be used by HKNA for any points/fine deduction. **If they do NOT sign the official sheet there will be NO payment.** Hand game ball to umpire and ensure it is returned at the end of each game.
- **Take photo/scan image of results form and email to [hkna@hkolympic.org](mailto:hkna@hkolympic.org)**
- **Pass onto HKNA Exec Rep or place the score sheets and umpire sign in sheets into the self addressed stamped envelope and post the next day.**
- Log any issues arising with HKNA no later than 24 hours after the games.

## DESK DUTY – ABERDEEN

- Retrieve the HKNA Kit Bag, 1 folding table and 2 folding chairs from the store room located behind the toilets (near the Esso Gas station).
- Access to the store room can be made by contacting the staff on duty (in blue shirt).
- Ask the staff to unlock the Posts Storage which is situated beside the ladies' toilet. (Playing teams are responsible for taking posts in and out of Posts Storage.)
- After checking the contents in the HKNA Kit bag, the Kit bag, table and chairs should be returned to the store and locked properly by the staff on duty.

### **The desk duty supervisor must:**

- Arrive at the venue in sufficient time to set up for the games (at least 15 minutes before the start of the first game).
- Keep central time for all matches and sound the bell (see later in this handbook for timing of games).
- Make the HKNA First Aid Kit available to players. **If the First Aid Kit is lacking in anything, please inform HKNA Office (email: [hkna@hkolympic.org](mailto:hkna@hkolympic.org)).**
- Have a score sheet with clipboard and pen available before each game and check they are returned at the end of each game and are correctly completed.
- Ensure umpires clearly print their name and sign the umpiring record sheet before the relevant game is commenced. This sheet will be used by HKNA for any points/fine deduction.
- Hand game ball to umpire and ensure it is returned at the end of each game.
- **Take photo/scan image of results form and email to [hkna@hkolympic.org](mailto:hkna@hkolympic.org)**

- Pass onto HKNA Exec Rep or place the score sheets and umpire sign in sheets into the self addressed stamped envelope and **post the next day**.
- Log any issues arising with HKNA no later than 24 hours after the games.

## **LEAGUE NIGHTS TEAMS' & SUPPORTERS' RESPONSIBILITIES**

### **ALL VENUES**

Teams are responsible for ensuring that all courts and surrounds are left clean and tidy. Please take all rubbish and put in the bins provided at the venue.

### **ABERDEEN OUTDOORS**

The first two teams playing on each court are responsible for moving one post each to the court. Teams playing the last game on each court must return one post each back to the Posts Storage. Posts need to be lowered to the appropriate height before returning them.

### **HONG KONG FOOTBALL CLUB**

HKNA is most grateful to the Hong Kong Football Club for making their facilities available for the HKNA Netball League. It is important that we all STRICTLY adhere to the following:

- Turn off mobile phones and pagers whilst on HKFC premises. A fine of \$200 may be imposed for a phone ringing and an additional \$200 fine may be imposed for talking on the phone.
- Do not leave litter/empty water bottles inside the Sports Hall.
- No smoking.
- No glass bottles inside the Sports Hall.
- Only use the changing rooms located on the 1st floor behind the bowling green.
- Wear non-marking shoes.
- Enter the Sports Hall by the door opposite the gym entrance.
- Leave all kit bags in cubby holes outside the entrance to the Sports Hall (valuables may be brought inside but should not be left near the area of play).
- No parking unless you are a member of HKFC.

### **CODE OF CONDUCT**

Coaches, players and supporters are reminded that they should conduct themselves consistently with the spirit of the game, whether they are playing, form part of the team bench or spectating. Any action displayed, which is contrary to the spirit of the game is not permitted, and is sanctioned by HKNA and INF rules and penalties.

Inappropriate behaviour and comments may result in a warning, penalty, suspension or ordering off by an umpire. Such behaviour includes but is not limited to, calling to an umpire, disputing decisions, commenting on team or individual actions. The official INF rules 19 and 20 provide further information on disciplinary action for unsporting behaviour.

HKNA members should comply with the INF Anti Doping Rules in accordance with the World Anti Doping Code and international standards (a copy can be provided to all clubs upon request).

### **UNIFORM**

All players in a team must be in uniform - no tracksuits, bike pants or gloves may be worn. Umpires will ask players to remove tracksuits, bike pants or gloves. Teams playing outdoors may wear black athletic garments under their uniform in cold conditions only. Subject to the By-Laws, players not in team uniform will not be able to take the court

## **JEWELLERY AND FINGERNAILS**

- Games will not be delayed for the cutting of nails or removal of jewellery.
- No items of jewellery, except a wedding band or medical alert bracelet shall be worn. If these are worn then they must be taped.
- Fingernails shall be short and smooth. Gloves may not be worn and the taping of nails is not permitted. An offending player will not take up a position on court until an umpire has checked the fingernails again and permitted the player to go on court. If the game has already started the player must wait until an interval.
- Players not abiding by these rules will not be allowed to play.

## **TIMING OF GAMES**

All games will be timed by a central clock and will start strictly on the hour at 7pm, 8pm and 9pm. Games will start and finish on the umpires' whistles and consist of:

- 4 x 12 minute quarters
- 2 minute quarter and three-quarter time breaks
- 4 minute half-time break
- 4 minutes between the start of games

Umpires may stop the game for injury time in accordance with the Rule Book. Injury time will not be added to the game.

## **SCORERS AND SCORE SHEET**

All games must be scored in accordance with the By-Laws. (see By- Law 12)

## **LEAGUE UMPIRING REQUIREMENTS**

Where possible, umpiring duties have been made reciprocal within divisions, however there are some draw constraints and on occasion lower divisions are required to umpire higher divisions – umpiring requirements still need to be adhered to. Any problems please contact the Umpire's Convenor at least 2 weeks in advance of the set game.

No person under the age of 14 years may umpire. All umpires under 18 years must be supervised by a responsible adult from their playing team/ club. HKNA accepts no responsibility for these players.

## **UMPIRE PAYMENT GUIDELINES**

If a team wishes to pay an umpire to umpire on their behalf, the HKNA recommends \$300 per game.

## **ISSUES/ PROBLEMS ON LEAGUE NIGHTS**

Issues should be raised immediately with the HKNA representative at the venue. If there is no HKNA representative available on site, the League Convenors - Jennifer Dax (9422 2361) and Emma Gregory (9325 4015) can be contacted throughout the evening.

## Venue Addresses

中山紀念公園體育館  
(前稱西區公園)

西營盤東邊街北 18 號

Sun Yat Sen Memorial Park Sports Centre

(Previously Known as Western Park)

18 Eastern Street North, Sai Ying Pun

黃竹坑體育館

香港仔黃竹坑道 168 號

Wong Chuk Hang Sports Centre

168 Wong Chuk Hang Road, Aberdeen

黃竹坑道硬地足球場

(近黃竹坑道埃索油站)

Aberdeen Outdoors –

Wong Chuk Hang Recreation Ground

(Wong Chuk Hang Road, Near Esso Gas Station)

香港足球會

跑馬地體育路 3 號

Hong Kong Football Club

3 Sports Road, Happy Valley