



**JUNIOR NETBALL LEAGUE**  
**青少年投球聯賽**

**Spring Competition 2019**

**U19s Divisions 1-2**

**U16s Divisions 1-2**

**U14s Divisions 1-3**

**U12s Yellow/Red/Green/Blue/Pink/Purple**

**Nettas U8s&U10s**

**VENUE:**

**Wong Chuk Hang Recreational Ground (WK1-6)**  
**Shun Lee Tsuen Sport Center (WK7 – U12-U19 Finals)**

*This competition is subvented by:*



**Leisure and Cultural Services Department**  
The Government of the Hong Kong Special Administrative Region

**Event is organised by Hong Kong Netball Association:**

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香港投球總會

## Junior Netball League\_Spring 2019 Divisions

U19s	
Division 1	Division 2
BIK Swans	HKFC Mavericks
DB Black Pearls	SPS Crusaders
HKS Lions	HKS Warriors
HKCC Herons	ISF Griffins
	HKFC Storm
	LMC U19

U16s	
Division 1	Division 2
HKCC Firebirds	HKCC Swifts
HKFC Twisters	HKFC Breakers
SPS Cyclones	DB Pretty Pollies
HKS Hearts	DC Cobras U16
BIK Budgies	Valley Cats

U14s		
Division 1	Division 2	Division 3
HKCC Phoenix	Sparkle Rangers	HKCC Kites
Valley RFC Thundercats	SPS Phantoms	HKFC Tremors
HKFC Rainstorms	HKS Terriers	DC Cobras U14
BIK Magpies	ISF Tigers	BIK Kookaburras
ISF Coyotes	DB Scallywags	Kowloon Rangers
SKS Stingrays	Kowloon Warriors	LMC U14

U12s					
Yellow	Red	Green	Blue	Pink	Purple
HKCC Ravens	HKCC Eagles	HKCC Hawks	HKCC Sparrows	CWBS Typhoons	CWBS Eagles
HKFC Thunder	HKS Rangers	HKFC Lightning	HKS Glennies	HKCC Falcons	HKFC Blizzards
BIK Falcons	SPS Warriors	DC Cobras U12 Red	SKS Dolphins	DB Rascals	ISF Lions
DC Cobras U12 Black	ISF Dragons	BIK Rosellas	MLSA Redwolves (black)	BIK Gallahs	MLSA Redwolves (White)
SCAA CWB Netball U12 Pini	SKS Sharks	SCAA CWB Netball U12 Red	DGJS		SCAA CWB Netball U12 Blue

U8/10 FUN
HKCC Hwamei
DB Mermaids
ISF Phoenix
ISF Dolphins
Sonics Unicorns

U10 Weekly		
HKCC Starlings	BIK Emus	SCAA CWB Netball U10 Red
HKFC Snowstorm	BIK Koalas	SCAA CWB Netball U10 Pink
HKFC Icicles	MLSA Redwolves	SCAA CWB Netball U10 Blue
DB TREASURES	SKS Sealions	

**Online Schedule (weekly updated):**

[https://docs.google.com/spreadsheets/d/1ELDBd9rEyr3TM8dj-2zykVJnY0BL9uSRxK88\\_ULcP\\_c/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1ELDBd9rEyr3TM8dj-2zykVJnY0BL9uSRxK88_ULcP_c/edit?usp=sharing)

**Online Results and Standing (weekly updated):**

<https://docs.google.com/spreadsheets/d/1IBVYmzXc--gzLjCeOQyYcJ3CyTq9hS7RRBfUPbB4I2o/edit?usp=sharing>

**RULES GOVERNING MATCH PLAY**  
**– Junior Netball League –**  
**Nettas, U12s, U14s, U16s, U19s Divisions**

**MATCHES**

Competition dates:

Week 1: 20 January 2019

Week 2: 17 February 2019

Week 3: 24 February 2019

Week 4: 10 March 2019

Week 5: 17 March 2019

Week 6: 24 March 2019

Week 7: 31 March 2019 (U12-U19 Finals)

Nettas Fun Dates:

Week 3: 24 February 2019

Week 5: 17 March 2019

Week 6: 24 March 2019

Week 1 to 6: Wong Chuk Hang

Game times: 0915, 1020, 1125, 1230, 1335

**12mins x 4 quarters**

Week 7: Shun Lee Tsuen Sports Centre

Game times: 0815, 0900, 0945, 1030, 1115, 1200, 1245, 1330, 1415, 1500, 1545, 1630, 1715

**10mins x 4 quarters**

**REGISTRATIONS & TEAM LIST**

Teams must be registered to play in the JNL - one team constitutes a club.

For a player to be registered, the following 3 things should be given to HKNA:

1. The player's details must be completed on the Team List Excel sheet;
2. \$130 player's registration fee must be paid to HKNA.
3. The player must complete the JNL disclaimer form.

A player who registered online for the Autumn 2018 league and paid the \$130 fee **does not need** to do this again for the Spring 2019 league.

Guest players are only allowed for players playing in the same CLUB but for a lower or younger division. A player may only be registered for one team.

All the players must be registered by Week 2 of the competition. Any changes to the team list after

this date will incur a \$200 fee.

## ELGIBILITY

### Players Eligibility

U19's	born on or after 1st Jan 2000	(10 feet post)
U16's	born on or after 1st Jan 2003	(10 feet post)
U14's	born on or after 1st Jan 2005	(10 feet post)
U12's	born on or after 1st Jan 2007	(10 feet post)
U10's (Netta's)	born on or after 1st Jan 2009	(8 feet post)
U8's (Netta's)	born on or after 1st Jan 2011	(8 feet post)

For the 12's Division: Any player born on or after 1<sup>st</sup> January 2007. Boys are allowed to play. However, only two boys are allowed on the court at any time and limited to one boy in the Goal Circle at each end (ie. Play GA or GS (not both) and GD or GK (not both))

## WITHDRAWALS

When a team has withdrawn after the commencement of the season, all points and goals scored in the matches involving the team prior to its withdrawal shall be cancelled. A team shall only be considered withdrawn if notice of withdrawal has been given to the League Coordinator.

NOTE: There will be NO REFUND OF FEES if a team withdraws.

## CANCELLATION OF MATCHES

### **WET WEATHER**

1. In case of adverse weather, an announcement will be made at 8AM if play is cancelled. An announcement will be made on the HKNA Facebook page. If after 8AM, there is rain, a decision of cancellation will be made by the JNL supervisor for that day at the courts.

**2. Wet Weather Situations: Please note that owing to limited court availability, if on any of the above dates games cannot be played owing to adverse weather, the games will not be re-played and both teams will be awarded competition points equivalent to a drawn game.**

## SCORE SHEETS & REGISTRATION OF PLAYERS

To avoid any disagreements, it is the responsibility of both teams to have one representative scoring (or sitting next to the person scoring) the official score sheet. The score sheets are placed on the clipboard designated to that court. **That clipboard should be put back in the centre circle of the court at the end of the game. Please tick the names of the players who took the court for each game.** If a player's name is not on the scoresheet, this means she is not registered on the team list and will need to complete the player's registration process. Random checks of player's ID will be performed to match the team's player registration list.

Teams can change the team lists for free until the end of Week 2's fixtures. Any changes after this will incur a \$200HKD fee per team list that needs to be changed (whether it is one or multiple changes). Only TWELVE players are allowed to take the court for any one game.

Reminder that players must play **a minimum of THREE games** to qualify to play in any finals format.

### COMPETITION FORMAT

<b>Schedule/ Game Time</b>	<p>The format depends on the number of teams in each division. The format for each division is detailed on the divisional draws that are published on the HKNA website.</p> <p>ALL the games will be centrally timed by the JNL supervisor. The games will consist of 12 minutes quarters with 2 minutes for quarter intervals and 4 minutes for half time.</p>
<b>TEAM ARRIVING LATE</b>	<p>If teams are running late and have less than five players available (minimum of 5 players to take the court), then at the start of the game, the opposing team will need to stand on the court in their positions and for each minute the team is late, one goal is awarded to the opposing team. If the team cannot field a team by <b>end of 1<sup>st</sup> quarter</b>, then the win is awarded to the opposing team and the 'forfeiture' penalties (below) applies to the team who cannot field a team.</p>
<b>FORFEITURE</b>	<p>Should any team forfeit a match, full points for a win and ten (10) goals shall be credited to the opposing team. Ten goals shall be debited against the team forfeiting. However, in the event of a forfeiture after commencement of a match, the goals scored shall be recorded. Full competition points will be given to the winning team. NO competition points will be given to the forfeiting team.</p> <p><b>Teams MUST NOTIFY Hong Kong Netball Association office at least two (2) days prior if you need to forfeit a match, that is by Wednesday 6pm. forfeiture takes place with not enough notification time, the forfeiting team will be fined \$300.</b></p>
<b>TEAM RANKING AFTER ROUND ROBIN</b>	<p>If TWO teams finish the round robin round(s) with an equal number of competition points, then the team that won the game in their <b>last encounter</b> will be ranked the higher team. If the last encounter was a draw, then the ranking of the team will be determined by <b>their percentage</b>, i.e. dividing the goals scored for by the goals scored against. The team with the higher percentage will be ranked higher. If THREE or more teams finish the round robin section on an equal number of points, then the ranking of those teams will be determined by the percentage only.</p>
<b>PLAYER ELGIBILITY FOR FINALS</b>	<p>A player must be registered on the team list and have played minimum of <b>THREE</b> games for him/her to be eligible to play in the finals.</p>

## OTHERS

<b>GOAL POSTS</b>	<p>The height of the goal posts for the 19's, 16's, 14's and 12's Competitions is 10 feet (6th hole on the goal posts).</p> <p><b>Teams playing in the first time slot are responsible for getting the goal posts from storage at the ground and put them up on their designated court. Team playing in the last time slot for that court are responsible for putting their own goal posts away at the end of the game.</b></p>
<b>EQUIPMENT</b>	<p>Each team is to bring their own equipment, such as balls, bibs, for the games. All teams are advised to <b>BRING THEIR OWN FIRST-AID kit and ICE and/or ICE PACKS.</b></p> <p>HKNA has organised for First-Aid provider St John's Ambulance to be at the game during the JNL Autumn Competition.</p>
<b>PLAYERS/ UNIFORMS</b>	<p>Each player shall wear the registered uniform of the team and <b>ONLY</b> that uniform. Playing positions must be worn by each player of a team.</p> <p>NOTE: Shoes or boots must be worn throughout the entire game. Spiked shoes are not allowed.</p> <p>a) Registered playing uniforms, which include playing position initials, shall be worn at all times.</p> <p>b) Players are <b>NOT</b> allowed to wear any items of jewelry or sharp adornments. Medical bracelet, if worn, must be taped. c) Fingernails shall be cut short and smooth, or netball gloves worn.</p>
<b>UMPIRING DUTIES</b>	<p>Each team shall be required to provide one <u>suitable</u> umpire for every round of play for a game in another timeslot. <b>All the umpires are to report to the JNL Desk FIRST prior to start of the game.</b> Umpires should arrive minimum five minutes before the start of the game to be checked off and also to check nails etc. <b>The umpire CANNOT coach during the game or during the intervals (1/4, 1/2, 3/4 time). Therefore teams should ensure they have an umpire available for the entire game.</b></p> <p>It is the umpires' responsibility to provide their own whistle and check the score sheet at the conclusion of the match. The umpires have sole control of the game and the umpires' decisions are final. The captain of either team is the only one who has the right to bring points of umpiring before the umpire and this may only be done during the intervals of match play.</p> <p><b>NOTE: Failure to umpire shall incur a penalty – two match points and the team shall be fined \$300 for a replacement umpire. If an umpire is LATE (less than 5 minutes) and the game has started and a replacement umpire</b></p>

	<p><b>was used, then the team that the umpire is umpiring for will be charged \$150. This money will go directly to the replacement umpire. If an umpire arrives FIVE or more minutes after the commencement of the game, then she/he is deemed absent and the team that the umpire is umpiring for will be fined \$300 and deducted two match points.</b></p> <p><b>If a team requires HKNA to find an umpire to do their duty that was not previously organized, they must notify HKNA with at least 5 working days notice.</b></p>
<b>MISCONDUCT</b>	<p>All persons entering the grounds are expected to follow the "Codes of Behavior". A standard of behavior from PLAYERS, OFFICIALS and SPECTATORS is expected and if not adhered to, action will be taken by the JNL Coordinator. The Codes of Behavior are provided in this Handbook. HKNA encourages fair play and believe in providing a safe and fun environment for all the players &amp; officials. Should a person behave in a manner which would hinder the safe and fun environment for all, he/she will be asked to behave in an appropriate manner or be asked to leave the ground.</p>

## Nettas Rules

1.	Each Netta game will be 2 x 10 minutes halves with 4 minutes half time interval.
2.	<b>UMPIRING:</b> Each team is to provide ONE umpire for each game. The umpire may coach the players during the game as long as both teams agree to it. Please make sure the umpire knows the Nettas modified rules (see below).
3.	On the last day of the main Netta-Fun competition (17 November 2018), HKNA will provide each player with a 'Participation Certificate' and the coach of EACH team can nominate THREE players from their team to receive medals. These will be given at the presentations on the last day. The THREE medals will be: <b>a) Most Improved Player; b) Most Enthusiastic Player; c) Best Team member</b>
4.	<b>TIME TO PASS THE BALL:</b> Up to 5 seconds  <b>STEPPING:</b> Shuffling on the sport to regain balance allowed without moving down the court.  <b>GOAL POST:</b> U10's 8 feet, U8's 8 feet (8 feet is 2nd hole on the goal posts).  <b>DEFENDING:</b> Strict one-on-one defence. Players may defend a shot at goal.  <b>OBSTRUCTION:</b> A player defending a player from opposing team in possession of the ball must defend from a distance of 1.2 metres (4 feet).  <b>CENTRE PASS:</b> The initial Centre Pass will be taken by the team that won the toss and all other Centre Passes shall be taken by the team that did not score the last goal.  <b>SUBSTITUTIONS:</b> The game time should be evenly distributed amongst all players. A team (up to 10 players is recommended) may make unlimited substitutions at intervals or at any time during play.  The procedure for making a substitution during play is: i) Before entering the Court, the substitute shall tag the player leaving the Court. ii) Both the substitute and the player leaving the Court shall not interfere with the play during the substitution process; iii) Both the substitute and the player leaving or entering the Court shall observe the Offside Rule when leaving or entering the Court. iv) Players should be substituted into either only attack positions or only defence positions for the duration of the game.



# PLAYERS'

## CODE OF BEHAVIOUR



1. Play by the rules.
2. Never argue with an official. If you disagree, have your captain approach the official during a break or after the competition.
3. Control your temper. Verbal abuse of officials or other players, deliberately distracting or provoking an opponent is not acceptable or permitted in any sport.
4. Work equally hard for yourself and/or your team. Your team's performance will benefit, and so will you.
5. Be a good sport. Applaud all good plays whether they be by your team or the opposition.
6. Treat all players as you would like to be treated. Do not interfere with, bully or take unfair advantage of another player.
7. Co-operate with your coach, team-mates and opponents. Without them there would be no competition.
8. Play for the fun of it, and not just to please parents and coaches.



# COACHES'



## CODE OF BEHAVIOUR

1. Know the rules and ensure your players play by the rules.
2. Never argue with an official. They are there to ensure that the game is conducted fairly and according to the rules. If you disagree, approach the officials after the game.
3. Control your temper and do not tolerate acts of aggression from your players. Verbal abuse of officials or opposition players, deliberately distracting or provoking them, is not acceptable or permitted in any sport.
4. Treat all players fairly. Do not interfere, bully or take unfair advantage of any player.
5. Provide feedback to players in a manner sensitive to their needs. Avoid overly negative feedback.
6. Involve players in decisions that affect them and encourage players to respect themselves and each other.
7. Cooperate with your players, opposition coach, opposition players and officials. Without them there would be no competition.
8. Ensure the tasks that are set for training are suitable for age, experience, ability and physical conditions of the players.
9. Be aware of the power you have as coach and do not abuse that power to further your own interests at the expense of your players.



# SPECTATORS'



## CODE OF BEHAVIOUR

1. Remember that young people play sport for their enjoyment, not yours.
2. Applaud good performance and efforts from each team. Congratulate all participants upon their performance regardless of the game's outcome.
3. Respect officials' decisions and teach young people to do the same.
4. Never ridicule or scold a young player for making a mistake. Positive comments are motivational.
5. Condemn the use of violence in any form, be it by spectators, coaches, officials or players.
6. Show respect for your team's opponents. Without them there would be no game.
7. Encourage players to follow the rules and the officials' decisions.
8. Do not use foul language or harass players, coaches or officials.
9. Respect rights, dignity & worth of every young person regardless of gender, ability, cultural background or religion