



香 港 投 球 總 會

Hong Kong Netball Association
MIXED LEAGUE
HANDBOOK
2016



**Subvented by Leisure and Cultural Services
Department**

Hong Kong Netball Mixed League 2016

Season League Dates

Note that if wet weather games are not required, Round games will be moved forward where possible

Date	Round
9 th May 2016 Mon	Round 1 Aberdeen Outdoor Courts 7-10pm (20 games)
16 th May 2016 Mon	Round 2 Aberdeen Outdoor Courts 7-10pm (20 games)
23 rd May 2016 Mon	Round 3 Aberdeen Outdoor Courts 7-10pm (20 games)
30 th May 2016 Mon	Wet Weather if Needed Aberdeen Outdoor Courts 7-9pm (16 games)
6 th Jun 2016 Mon	Round 4 Aberdeen Outdoor Courts 7-10pm (20 games)
13 th Jun 2016 Mon	Round 5 Aberdeen Outdoor Courts 7-10pm (20 games)
20 th Jun 2016 Mon	Round 6 Aberdeen Outdoor Courts 7-10pm (20 games)
27 th Jun 2016 Mon	Wet Weather if Needed Aberdeen Outdoor Courts 7-10pm (20 games)
2 nd Jul 2016, Sat	Wet Weather or Quarter Final Games Ap Lei Chau Sports Centre (6 games)
4 th Jul 2016 Mon	Quarter Finals (20 games) Aberdeen Outdoor Courts 7-10pm (20 games)
9 th Jul 2016, Sat	Semi Finals Ap Lei Chau Sports Centre (5 games) 4-10pm
16 th Jul 2016, Sat	Semi Finals Ap Lei Chau Sports Centre (5 games) 4-10pm
23 rd Jul 2016, Sat	Finals Ap Lei Chau Sports Centre (5 games, over 6 hours) 4-10pm

Hong Kong Netball Association

Season 2016

League Handbook

Welcome to the Hong Kong Netball Association (HKNA) Mixed League Season 2016. The Executive Council wishes all players, umpires, coaches and supporters an enjoyable and rewarding season.

This year we will be using four venues: Ap Lei Chau Sports Centre and the Aberdeen Outdoor Courts (Wong Chuk Hang Road Recreation Ground).

This Handbook contains:

- contact information for teams, conveners 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 Convenor Emma Sharrock, 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	Mobile	Email
Executive Council				
Sherryn Hancock	President,	DB	9863 2114	President.HKNA@netball.org.hk
Joanne Reed	Vice President		6908 4449	joanne_reed@aishk.edu.hk
Christina Yue	Treasurer		9284 8899	christinayue007@gmail.com
Danielle Taylor	Secretary	HKCC	9831 0676	daniellecraig@me.com
Other Council Members				
Carol Chan	Umpire Development	Hantang	6028 7389	carol_1112netball@outlook.com
Emma Gregory	Umpiring	HKCC	93254015	ema_ha22@hotmail.com
Emma Sharrock	Mixed League Convener	Kowloon	9317 0634	emmasharrock@btinternet.com
Jenny Chadwick	Umpire Development Convener		9237 2891	jchad@cis.edu.hk
Kalani Brown	Elite Program	HKFC	9757 0513	Kalani11@bigpond.com
Kate Wood		HKS	6273 1766	katharineewood@gmail.com
Lorraine Pak	Tournaments	Hantang	9312 4202	skypak3@yahoo.com.hk
Shafin Azim	Special Events Convener	Valley	6332 8212	shafin@gmail.com
Shammin Azim	League Convener	Valley	6779 2701	shammin_netball@yahoo.com
Victoria So	Umpiring	HKU	9417 3567	victoriasoly@yahoo.com.hk
Paid Employees				
Lorraine Pak	Office Manager		9312 4202	skypak3@yahoo.com.hk hkna@hkolympic.org
Connie Wong	Technical Manager		6696 7151	conniewongnetball@hotmail.com

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

CLUB CONVENORS 2016

Club	Convenor	Phone	Email
As One	Belle CHAN	chanbellebelle@gmail.com	60242606
Ball Dogs	Felicity Oliver	felicityoliver@hotmail.com	66799382
Ballers	Lottie Waterhouse	cwaterhouse@nakamahongkong.com	54831587
Battlers	Sara Victoria Burton	saravictoriaburton@hotmail.com	95298198
Bay Bums	Nicky Garwood	NickyJGar@gmail.com	97173487
Black Eye Peas	Hui Pak Yi	cici.hui8@gmail.com	92228272
Capstone Cougars	Jared Lowe	jared@capstonerecruitment.com.hk	
Charlie Bears	Ayeesha Shahani	ayeesha.shahani@gmail.com	92282477
da Bino	Nicky Wong	nic.chiu.ky@gmail.com	97737773
Emeralds	Abi Vieler-Porter	Abi.Vieler-Porter@fticonsulting.com	
Fighter	Chan King Ling	s1047032@s.ied.edu.hk	67431119
Flexor	Yang Carla	carla_yang@yahoo.com.hk	93795716
For The Win	Krystina Te Kanawa-Coffin	makeup@krystinatekanawa.com	
Foxy Morons	Adrian	membership@ozhongkong.com	
Giants	Shannon Lee	leesuenyan@gmail.com	63365529
Gummy Bear	TSUI Lok Wai	christy_tsui@yahoo.com.hk	95050807
Hands Off My Balls	Shirley Yuen	syuen.netball@gmail.com	91256418
HKIED	YEUNG Sui Hin	s1106943@s.ied.edu.hk	65965320
Hongquerors	Regan Wong	hongyin0523@gmail.com	65005097
Hoopdedoo	Beatrix	beatrixelyzabeth@gmail.com	
Hooters and Shooters	Cindy Yen	cindyzoeyen@gmail.com	
Jello shooters	Justin Barbaro	justinbarbaro@hotmail.com	96381201
Kongquerors	Mandy Tai	mandyyy921@gmail.com	
Last Minute	Felicity Rose	Frose87@gmail.com	
Looking to score	Katharine Wood	katharineewood@gmail.com	62731766
M&D's	Stephanie Gaylard	virtus52@gmail.com	98798312
Mighty Alpha Eagles	Julia In	juhiein@yahoo.co.uk	60774341
Nessies	Louise Gillespie	louisegillespie27@hotmail.com	97416232
Redwolves	Tom Halder	majorleaguefa@gmail.com	94133524
Sacks and Racks	Clara Liddell	cliddell@racepointglobal.com	63178002
Shooters	Rachel Boylan	rachelboylan@yahoo.co.uk	64803591
Soju Bombs	Gigi Hui	writetopc@gmail.com	97564666
SQDL	Wong Hay Man, Daisy	daiz.wong@gmail.com	98754843
Superflyballers	Aaron Flugge	bug_aa@yahoo.com	
Tigers	Layla Taper	lailaproject1gmail.com	98209592
Tsumtsum	HO Wing Yee	wyhoag@connect.ust.hk	64364342

Valley Cubs	Mimi Kwok	mimiswkwok@gmail.com	63575490
WBs&WGs	Lau Hung Kei	lauhungkei2000@hotmail.com	95095008
White Lightning	Daniela Tanakalo	danielatanakalo@gmail.com	64621829
Wildcats	Becky Yeung	beckywhy@hotmail.com	

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

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 (including earrings, nose rings etc).
- 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.
- 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.
- Captains must sign the score sheet at the end of the game

LEAGUE NIGHT DUTIES AND RULES

DESK DUTY –AP LEI CHAU SPORTS CENTRE

It is expected that desk duty supervisors will read through the desk duty folder prior to the commencement of any games. The kit bag will be dropped off on the Saturday by HKNA

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).**
- 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 Mixed League Convenor the same day – emmasharrock@btinternet.com with a copy to 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).**
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- 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.
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- 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.

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).

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 League Convenor at least 2 weeks in advance of the set game.

D Badge or higher, or the person has attended an approved umpires' course and has permission from the Umpires' Convener to umpire.

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 the following rates of payment per game: \$200

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 Convenor –Emma Sharrock (9317 0634) can be contacted throughout the evening.

Venue Addresses

Aberdeen Outdoor Netball Courts



Red: Wong Chuk Hang Sports Centre (WCH)

Blue: Aberdeen Outdoor Netball Courts (Abdn)

Green: Buses that go through the Aberdeen Tunnel

Directions:

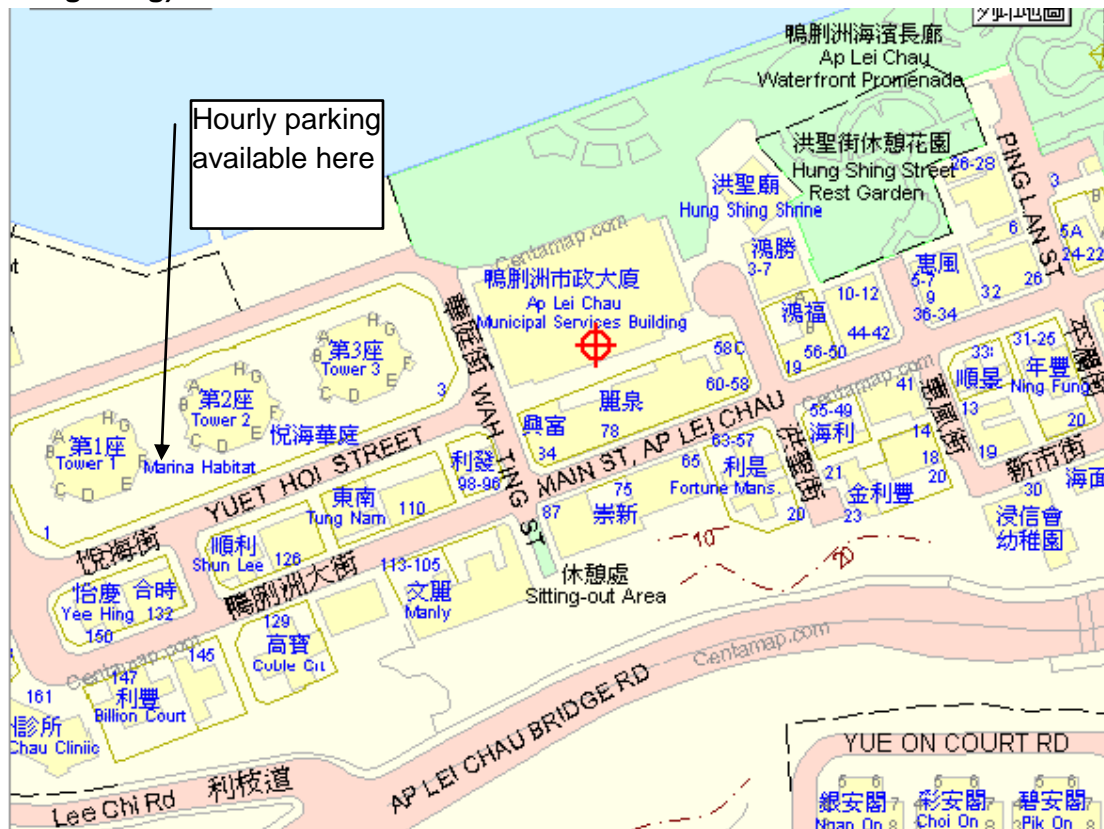
WCH: Get off first bus stop after the Aberdeen Tunnel, walk up a slope that goes under the flyover and you will see a junction. On the opposite side (right) of the road there is a red roof building – that's the Wong Chuk Hang Sports Centre.

Abdn: Get off the second station after the Aberdeen Tunnel (just beside ESSO gas station) and you will see the soccer pitches where the netball courts are located.

Say **“WONG CHUK HANG TAI YUK GWUN”** for WCH and
“WONG CHUK HANG NGAI SOK YAU CHUM” for Abdn

Ap Lei Chau Sports Centre

(Address: Ap Lei Chau Municipal Services Building, 8 Hung Shing Street, Ap Lei Chau, Hong Kong)



Green Minibus

36X – Ap Lei Chau Main Street ↔ Yun Ping Road, Causeway Bay
(Terminus located Outside Optical 88)

Buses

Citybus No.

- 90** Central (Exchange Square) Bus Terminus ↔ Ap Lei Chau
- 90B** Admiralty (East) ↔ South Horizons (Circular) (via Western District and Pokfulam)
- 92** Causeway Bay ↔ Ap Lei Chau (Circular)
- 592** Causeway Bay (Moreton Terrace) ↔ South Horizons
- 171** Cheung Sha Wan, Kowloon ↔ South Horizons (via Lei Tung Housing Estate)
- 671** Diamond Hill MTR ↔ Ap Lei Chau (Lee Lok Street) (via Lei Tung Housing Estate)

New World First Bus No.

- 91** Central Ferry Piers ↔ Ap Lei Chau Housing Estate (via Western District, Pokfulam and Lei Tung Housing Estate)
- 91A** Wah Fu Housing Estate ↔ Ap Lei Chau
- M590** South Horizons ↔ Admiralty / Central (Exchange Square) (Circular) (via Wan Chai)
- 590A** South Horizons ↔ Admiralty (East) (Circular) (via Wan Chai)
- 595** South Horizons ↔ Aberdeen (Circular)

Directions in getting to Ap Lei Chau Sports Centre:

Off at bus stop near junction of Lee Chi Road and Ap Lei Chau Bridge Road. Then look for a sign which says "Main Street Ap Lei Chau". Go down the stairs, cross the road, turn right and walk along the Main Street. When you reach Hung Shing Street, turn left. The green building is the Ap Lei Chau Municipal Services Building. Indoor Arena is on the 3rd Floor of the building.

Driving:

Via Aberdeen Tunnel:

Look for the sign which says " Ap Lei Chau". After crossing the Ap Lei Chau Bridge, keep right. Turn right to Lee Chi Road after the traffic light. Drive along Lee Chi Road and after the round about turn left to Yuet Hoi Street. Public parking is available at Marina Habitat on Yuet Hoi Street. Entrance to Ap Lei Chau Complex is just one block away on Hung Shing Street.