



香港投球總會

# **Hong Kong Netball Association**

## **LEAGUE HANDBOOK**

### **2019/2020**



**Subvented by**  
**Leisure and Cultural Services**  
**Department**

# Hong Kong Netball Association

## Season 2019 / 2020

	<b>Round 1 - Div 1 Team Name</b>		<b>Round 2 - Prem Top 6 of Div 1</b>
<b>1</b>	DB Black Pearls		<b>1</b>
<b>2</b>	Hantang Phoenix		<b>2</b>
<b>3</b>	HKCC Demons		<b>3</b>
<b>4</b>	HKCC Devils		<b>4</b>
<b>5</b>	HKFC Club		<b>5</b>
<b>6</b>	HKFC Typhoons		<b>6</b>
<b>7</b>	HKFC Whirlwinds		
<b>8</b>	Sonics		
<b>9</b>	Valley Panthers		
<b>10</b>	Valley Tigers		

	<b>Round 1 - Div 2 Team Name</b>		<b>Round 2 - Div 1 Bottom 4 of Div 1 + Top 6 Div 2</b>
<b>1</b>	DB Buccaneers		<b>1</b>
<b>2</b>	Giants		<b>2</b>
<b>3</b>	Hantang Chilin		<b>3</b>
<b>4</b>	HKCC Dragons		<b>4</b>
<b>5</b>	HKFC Hurricanes		<b>5</b>
<b>6</b>	HKS Pipers		<b>6</b>
<b>7</b>	Kowloon Opals		<b>7</b>
<b>8</b>	Simba		<b>8</b>
<b>9</b>	Valley Cougars		<b>9</b>
<b>10</b>	Valley Pumas		<b>10</b>

	<b>Round 1 - Div 3 Team Name</b>		<b>Round 2 - Div 2 Bottom 4 Div 2 + Top 6 Div 3</b>
<b>1</b>	DGS Alumni		<b>1</b>
<b>2</b>	HKCC Griffins		<b>2</b>
<b>3</b>	HKCC Scorpions		<b>3</b>
<b>4</b>	HKFC Tornadoes		<b>4</b>
<b>5</b>	HKU Duchess		<b>5</b>
<b>6</b>	Kowloon Crystals		<b>6</b>
<b>7</b>	Mighty Eagles		<b>7</b>
<b>8</b>	Valley Leopards		<b>8</b>
<b>9</b>	Victorious Secret		<b>9</b>
<b>10</b>			<b>10</b>

	<b>Round 1 - Div 4 Team Name</b>		<b>Round 2 - Div 3 Bottom 4 Div 3 + Top 6 Div 4</b>
<b>1</b>	Ball Ba		<b>1</b>
<b>2</b>	Forever 21		<b>2</b>
<b>3</b>	HKS Bravehearts		<b>3</b>
<b>4</b>	Kowloon Diamonds		<b>4</b>
<b>5</b>	Shimmer		<b>5</b>
<b>6</b>	SK Stingrays		<b>6</b>
<b>7</b>	The Prime		<b>7</b>
<b>8</b>	Valley Cheetahs		<b>8</b>
<b>9</b>	Valley Wildcats		<b>9</b>
<b>10</b>			<b>10</b>

	<b>Round 1 - Div 5 Team Name</b>		<b>Round 2 - Div 4 Bottom 4 Div 4 + Top 6 Div 5</b>
<b>1</b>	DB Swashbucklers		<b>1</b>
<b>2</b>	HKFC Cyclones		<b>2</b>
<b>3</b>	HKU Bishops		<b>3</b>
<b>4</b>	HKU Knights		<b>4</b>
<b>5</b>	Kowloon Jades		<b>5</b>
<b>6</b>	Kowloon Pearls		<b>6</b>
<b>7</b>	Popcorn		<b>7</b>
<b>8</b>	Valley Cats		<b>8</b>
<b>9</b>	Valley Jaguars		<b>9</b>
<b>10</b>			<b>10</b>

### **Ladies League Dates 19/20 –**

- October 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>
- November 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>
- December 2<sup>nd</sup>, 9<sup>th</sup>
- January 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>
- February 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>
- March 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>
- Semi-Finals – 20<sup>th</sup> April 2020 (TBC)
- GRAND FINALS - 25<sup>th</sup> April 2020

	<b>Round 1 - Div 6 Team Name</b>		<b>Round 2 - Div 5 Bottom 4 Div 5 + Top 6 Div 6</b>
<b>1</b>	Aussie Cockatoos		<b>1</b>
<b>2</b>	Aussie Geckos		<b>2</b>
<b>3</b>	DB Jolly Rogers		<b>3</b>
<b>4</b>	Dragonflies		<b>4</b>
<b>5</b>	HKCC Sirens		<b>5</b>
<b>6</b>	HKS Thistles		<b>6</b>
<b>7</b>	HKS Whiskies		<b>7</b>
<b>8</b>	OTS10		<b>8</b>
<b>9</b>	Sparta		<b>9</b>
<b>10</b>	Valley Lions		<b>10</b>

	<b>Round 1 - Div 7 Team Name</b>		<b>Round 2 - Div 6 Bottom 3 Div 6 + Top 8 Div 7 (ALL)</b>
<b>1</b>	DB Black Jacks		<b>1</b>
<b>2</b>	DB Scallywags		<b>2</b>
<b>3</b>	HKCC Serpents		<b>3</b>
<b>4</b>	HKS Highlanders		<b>4</b>
<b>5</b>	HKS Unicorns		<b>5</b>
<b>6</b>	Kowloon Amethysts		<b>6</b>
<b>7</b>	Kowloon Emeralds		<b>7</b>
<b>8</b>	Netball Ninjas		<b>8</b>
<b>9</b>	Valley Lynx		<b>9</b>
			<b>10</b>
			<b>11</b>

## **HK Holidays 19/20**

- Winter Holidays – December 17<sup>th</sup> – January 5<sup>th</sup>
- Chinese New Year – January 25<sup>th</sup> – 28<sup>th</sup>
- Ching Ming Festival – April 4<sup>th</sup>
- Easter Holidays – April 6<sup>th</sup> – 18<sup>th</sup>

# League Handbook

Welcome to the Hong Kong Netball Association (HKNA) League Season 2019/2020. The Executive Council wishes all players, umpires, coaches and supporters an enjoyable and rewarding season.

This year we will be using five venues: Hong Kong Football Club, Hong Kong Park Sports Centre, Sun Yat Sen Memorial Park Sports Centre (Jan – Apr 2020 only), Wong Chuk Hang Sports Centre (Oct – Dec Only) 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;
- Addresses for the venues.

Please familiarise yourself with the information in this Handbook and the HK Netball League By-Laws.

If you have any questions or concerns, please do not hesitate to contact League Convenors – Ursula Holloway 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
Connie Wong	Vice President 1 (National Teams)	Life Member
Emma Gregory	Vice President 2	Sonics
	Treasurer	
Christine Yue	Secretary	HKCC
<b>Other Council Members</b>		
Ursula Holloway	League Convener	Saikung Stingrays
Anna Wilson	Tournament Convener	KRFC
Lorraine Pak	Operations & Events Convener	Hantang
Suzie Keady		HKFC
Erica Makino		HKU
Renee Howie	Special Events	Valley
Rachel Bryant	Special Events	Valley
Sarah Grimmer		HKCC
<b>Paid Employees</b>		
Lorraine Pak	Office & Events Manager	
	Head of Netball Development	
Haley Ho	Administrative Assistant	
Tony Tam	Administrative Assistant – Netball Development	

**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)  
 Web: [www.netball.org.hk](http://www.netball.org.hk)  
 fb: <https://www.facebook.com/hknetball>  
 ig: hknetball

## Club Convenors 2019-20

Club	Convenor
Australia Association	Rebecca Chan Sharon Stringer
Ball Ba	Ao Chi Wai
DB Pirates	Tessa Laue
DGS Alumni Netball	Anna Yu
Dragonflies	Himali Chainrai
Forever 21	Wong Yee Lo
Giants	Chan Wing Po
Hantang	Lorraine Pak
HKCC	Kate McNicholl
	Robin Manihera
HKFC	Helene Bibeau
HKU	Erika Makino
Hong Kong Scottish	Katharine Wood
Kowloon RFC	Anna Wilson
Mighty Eagles	Jennifer Dax
Netball Ninjas	Clareta Chia
OTS10	Brenda Yeung
Popcorn	Gigi Hui
Sai Kung Stingrays	Ursula Holloway
Shimmer	Hui Fong Wing
Simba	Chan Lok Yuen
Sonics	Jessica McCauley
Sparta	Lee Ka Hei
The Prime	Shi Ka Lam
Valley	Tracy Skipp
Victorious Secret	Sara Victoria Burton

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

## HKNA League Teams & Captains 2019 – 2020

<b>Division 1</b>	
<b>Team</b>	<b>Captain</b>
DB Black Pearls	Suzie Williams
Hantang Phoenix	Grace Yuen
HKCC Demons	Krystle Cox
	Anna Pinder
HKCC Devils	Donna Baxter
HKFC Club	Elise Daly
HKFC Typhoons	Amelia Handford
HKFC Whirlwinds	Sophie Smith
Sonics	Danielle Taylor
	Lisa Martin
Valley Panthers	Rachel Bryant
Valley Tigers	Sjani Genis

<b>Division 2</b>	
<b>Team</b>	<b>Captain</b>
DB Buccaneers	Barbara Murray
Giants	Chung Nga Ting Iding
Hantang Chilin	Odilia Man
HKCC Dragons	Camilla Stewart
	Jessica Mccarthy
HKFC Hurricanes	Claire Baldwin
HKS Pipers	Ashley Higham
KRFC Opals	Amanda Barton
Simba	Jasmine Fung
Valley Cougars	Heather Robinson
Valley Pumas	Meagan Lewin

<b>Division 3</b>	
<b>Team</b>	<b>Captain</b>
DGS Alumni	Anna Yu
HKCC Griffins	Lottie Ridley
HKCC Scorpions	Angela Duncan
	Paula Kay
HKFC Tornadoes	Amanda James
HKU Duchess	Sophie Li
KRFC Crystals	Gemma Bell
	Sophie Jackson
Mighty Eagles	Julia In
Valley Leopards	Rachel Poole
Victorious Secret	Sara Victoria Burton



<b>Division 4</b>	
<b>Team</b>	<b>Captain</b>
Ball Na	Ao Chi Wai
Forever 21	Yeung Tsz Wai
HKS Bravehearts	Rebecca Fawdry
KRFC Diamonds	Fiona Poon
Shimmer	Tang Koala Hei Tung
Sai Kung Stingrays	Sandy Laroche
The Prime	Shi Ka Lam
Valley Cheetahs	Sigrid Balle
Valley Wildcats	Louise Cosgrove

<b>Division 5</b>	
<b>Team</b>	<b>Captain</b>
DB Swashbucklers	Nicky Garwood
HKFC Cyclones	Michelle Cairns
HKU Bishops	Lo Tsz Ying
HKU Knights	Erika Makino
KRFC Jades	Emily Jones Cassie Taylor
KRFC Pearls	Laura Denholm Hollie Collins
Popcorn	Patricia Wong
Valley Cats	Jessica Kelly
Valley Jaguars	Charlie Robertson

<b>Division 6</b>	
<b>Team</b>	<b>Captain</b>
Aussie Cockatoos	Bethany Sellin
Aussie Geckos	Sarah Whorlow
DB Jolly Rogers	Michelle Poulter
Dragonflies	Himali Chainrai
HKCC Sirens	Nitchaya Laohaphan Gemma Sheridan
HKS Thistles	Tracey Whitfield
HKS Whiskies	Katharine Wood
OTS10	Zacky Ng
Sparta	Lee Yuet Shan
Valley Lions	Tara O'Leary

<b>Division 7</b>	
<b>Team</b>	<b>Captain</b>
DB Black Jacks	Carrie Wong
DB Scallywags	Jenny Buck
HKCC Serpents	Maddie Trussell
HKS Highlanders	Jessie Buchanan Smith
HKS Unicorns	Ceri Hill
KRFC Amethysts	Kate Dally
KRFC Emeralds	Courtney Buck
Netball Ninjas	Wendy Kwok
Valley Lynx	Ruth Johnston

## **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**

- As the scoresheets are prepared at the beginning of the season, any late registered players should write their names down on the scoresheet should they not be printed
- 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
- It is suggested that Captains should take photo of their scoresheet for their own records and in case of discrepancies / lost of the original scoresheets

# LEAGUE NIGHT DUTIES AND RULES

## DESK DUTY – HONG KONG FOOTBALL CLUB, HONG KONG PARK 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 Hong Kong Park, Sun Yat Sen Memorial Park (SYSMPk) and Wong Chuk Hang (WCH) Sports Centres please retrieve HKNA Kit Bag from the storeroom and gain access via the Venue Management if necessary.

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

- **Arrive at the venue in sufficient time to set up for the games (at least 10 minutes before the start of the first game).**
- Check the venue for safety prior to the games commencing.
- 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 sheets there will be NO payment.** Hand game ball to umpire and ensure it is returned at the end of each game.
- **Take photos 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 AS SOON AS POSSIBLE.**
- 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 (ESPECIALLY NO. OF MATCHBALLS), 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 photos 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 AS SOON AS POSSIBLE.**
- 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 13 provides 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 – Ursula Holloway (6349 6854) and Emma Gregory (9325 4015) can be contacted throughout the evening.

# Venue Addresses

中山紀念公園體育館

西營盤東邊街北 18 號 (港鐵西營盤站 A2 出口)

**Sun Yat Sen Memorial Park Sports Centre**  
**18 Eastern Street North, Sai Ying Pun (Sai Ying Pun MTR Exit A2)**

香港公園體育館

中區紅棉路 29 號

**Hong Kong Park Sports Centre**  
**29 Cotton Tree Drive, Central**

黃竹坑道硬地足球場 (近黃竹坑道埃索油站) (港鐵黃竹坑站 A2 出口)

**Aberdeen Outdoors – Wong Chuk Hang Recreation Ground**  
**(108 Wong Chuk Hang Road, Near Esso Gas Station)**  
**(Wong Chuk Hang MTR Exit A2)**

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**

香港足球會

跑馬地體育路 3 號

**Hong Kong Football Club**  
**3 Sports Road, Happy Valley**

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