



香港投球總會

Hong Kong Netball Association

LEAGUE HANDBOOK

2022/2023



Subvented by
Leisure and Cultural Services
Department

Hong Kong Netball Association

Season 2022 / 2023

	Prem
1	Hantang Phoenix
2	HKCC Demons
3	HKCC Devils
4	HKFC Club
5	Sonics
6	Valley Panthers

	Div 1 Teams
1	Hantang Chilin
2	HKCC Storm
3	HKFC Whirlies
4	Kowloon Crystals
5	Simba
6	Valley Tigers

	Div 2 Teams
1	DB Black Pearls
2	HKCC Dragons
3	HKFC Hurricanes
4	HKS Bravehearts
5	Kowloon Jades
6	Kowloon Onyx
7	Valley Cougars
8	Valley Cubs
9	Valley Leopards

	Div 3 Teams
1	DB Buccaneers
2	DGS Alumni
3	Forever 21
4	HKCC Scorpions
5	HKFC Tornadoes
6	Mighty Eagles
7	Popcorn
8	Shimmer
9	The Prime
10	Valley Wildcats

	Div 4 Teams
1	CB Pandas
2	HKCC Sirens
3	HKFC Cyclones
4	HKS Whiskies
5	Homie
6	Kowloon Pearls
7	Netball Ninjas
8	Sparta
9	Valley Cheetahs
10	Valley Lions

	Div 5 Teams
1	CB Pink Dolphins
2	DB Black Jacks
3	DB Jolly Rogers
4	HKCC Serpents
5	HKS Highlanders
6	HKS Thistles
7	HKS Unicorns
8	HKU Kings
9	Kowloon Amethysts
10	Kowloon Rubies

Ladies League Dates 22/23

- September 26th
- October 3rd, 10th, 17th, 24th, 31st
- November 7th, 14th, 21st, 28th
- December 5th, 12th
- January 9th, 16th, 30th
- February 6th, 13th, 20th, 27th
- March 6th, 13th, 20th
- FINALS - March 25th

HK Holidays 22/23

- Winter Holidays – 14th December 2022 – 3rd January 2023
- Chinese New Year – 22nd – 25th January 2023
- Ching Ming Festival – 5th April 2023
- Easter Holidays – 7th April 2023 – 10th April 2023

League Handbook

Welcome to the Hong Kong Netball Association (HKNA) League Season 2022/2023. The Executive Council wishes all players, umpires, coaches and supporters an enjoyable and rewarding season.

This year we will be using the following venues: Hong Kong Football Club, Hong Kong Park, Aberdeen Outdoor Courts (Wong Chuk Hang Road Recreation Ground) and Fai Hui Park. Tai Wan Shan Recreation Ground may be used in the second round of the League only.

This Handbook contains:

- contact information for teams, convenors and the HKNA Executive Council;
- information about umpiring requirements, captain's responsibilities and desk duty; and
- Addresses and maps 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(leagueconvenor@netball.org.hk) with a copy to HKNA (hkna@hkolympic.org). 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
Executive Council		
Krystle Edwards	President	HKCC
Connie Wong	Vice President 1 (Elite and Coaching)	Life Member
Lisa Martin	Vice President 2 (League)	Sonics
Christina Yue	Secretary (Grassroots Programme)	HKCC
Cheng Lai Fun	Treasurer	Hantang
Other Council Members		
Ursula Holloway	League Convener	Independent
Hollie Collins	Mixed League Convener	Kowloon
Marie Farry	Grassroots Programme	HKFC
Rachel Bryant	Special Events - Social	Valley RFC
Pritty Pampapathi	Special Events - Social	Valley RFC
Shirley Yuen	Junior League Convener	HKFC
Melanie Potgieter	Umpiring	Life Member
Boris Lai	Men's Netball Representative	Hantang
Sophie Li	Media and Marketing	Hantang
Catherine Barter	TBC	HKS
Paid Employees		
Eva Lam	CEO	
Fanny Ho	Administrative Assistant	
Elfie Zhou	Administrative Assistant	

HKNA Office: Room 1016, Olympic House
 1 Stadium Path, So Kon Po
 Causeway Bay, Hong Kong
 Tel: 2504 8208
 2504 8207
WhatsApp: 9539 1288
 Fax: 2577 5694
 Email: hkna@hkolympic.org
 Web: www.netball.org.hk
 fb: <https://www.facebook.com/hknetball>
 ig: hknetball

Club Convenors 2022-23

Club	Convenor
Charlie Bear	Chan, Rebecca
	Stringer, Sharon
DB Pirates	Lewis, Sam
DGS Alumni	Yu, Polly
Forever 21	Lee, Pui Yu
Hantang	Li, Gessy Ga Wing
HKCC	Bishop, Dawn
	Stewart, Leith
HKFC	Bibeau, Helene
HKS	Barter, Catherine
	Wood, Kate
HKU Ladies Netball Team	Ngai, Hei Yiu Hailey
Homie	Yeung, Tsz Wai
Kowloon	Chan, Iris
Mighty Eagles	Azim-Szlinsky, Shammin
	In, Julia
Netball Ninjas	Chia, Clareta
Popcorn	Hui, Gigi
Shimmer	Chan, Pui Yi Belle
Simba	Yang, Carla
Sonics	Campbell, Jen
Sparta	Lee, Ka Hei

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

Club Umpiring Convenors 2022-23

Club	Convenor
Charlie Bear	Chan, Rebecca
DB Pirates	Poulter, Michelle
DGS Alumni	Yu, Polly
Forever 21	Chan King Ling Katie
Hantang	Wong, Wui Yee
HKCC	Howell, Kelly
HKFC	Hui, Cici
HKS	Hill, Emily
HKU Ladies Netball Team	Maheshwari, Archita
Homie	Yeung, Tsz Wai
Kowloon	Lin, Chui Yan Priscilla
Mighty Eagles	Azim-Szlinsky, Shammin
	In, Julia
Netball Ninjas	Chia, Clareta
Popcorn	Tsang, Cherry
Shimmer	Ip, Katharine
Simba	Fung, Hoi Ching (Jasmine)
Sonics	Gregory, Emma
Sparta	Lee, Ka Hei
The Prime	Shi, Carrie
Valley	Tang, Kwan Yee
Charlie Bear	Chan, Rebecca

HKNA Umpiring Contacts:

Mel Potgieter hkna.umpiredev@gmail.com

Khan Murray umpireadmin.hkna@netball.org.hk

HKNA League Teams & Captains 2022 – 2023

Prem	
Team	Captain
Hantang Phoenix	Yuen, Grace
HKCC Demons	Lo, Ann
HKCC Devils	Li, Joyce
HKFC Club	Bibeau, Helene
	Honey, Gabrielle
Sonics	Wiese, Elderi
Valley Panthers	Miller, Rebecca

Division 1	
Team	Captain
Hantang Chilin	Lee, Yan Yu Joyce
HKCC Storm	Cann, Jocelyn
HKFC Whirlies	Baldwin, Claire
Kowloon Crystals	Abrahams, Harriet
Simba	Fung, Hoi Ching (Jasmine)
Valley Tigers	Ng, Nicole

Division 2	
Team	Captain
DB Black Pearls	Hunt, Rachel
HKCC Dragons	Von Etdorf, Francesca
HKFC Hurricanes	Hui, Cici
	Humphreys, Libby
HKS Bravehearts	Lily
	Audrey
Kowloon Jaes	Taylor, Cassie
Kowloon Onyx	Lin, Chui Yan Priscilla
Valley Cougars	Pampapathi, Pritty
Valley Cubs	Talwar, Rhea
Valley Leopards	Klintberg, Seon

Division 3	
Team	Captain
DB Buccaneers	Horne, Julia
DGS Alumni	Yu, Polly
Forever 21	Chan King Ling
HKCC Scorpions	Patel, Ashley
HKFC Tornadoes	Meakin, Sophie
Mighty Eagles	Azim-Szlinsky, Shammin
	In, Julia
Popcorn	Wong, Pat
	Chong, Macy
Shimmer	Tang, Koala
The Prime	Chan, Christabelle
Valley Wildcats	Pickard, Kay

Division 4	
Team	Captain
CB Pandas	Whorlow, Sarah
HKCC Sirens	Trussell, Madeleine
HKFC Cyclones	Cairns, Michelle
HKS Whiskies	Hill, Emily
Homie	Wong, Gi Ting
Kowloon Pearls	Courtney Buck
Netball Ninjas	Kwok, Wendy
Sparta	Lee, Yuet Shan
Valley Cheetahs	Relan, Saloni
Valley Lions	Caroline Emery

Division 5	
Team	Captain
CB Pink Dolphins	Stringer, Sharon
DB Black Jacks	Lam, Eva
DB Jolly Rogers	Avery, Linda
HKCC Serpents	Gilbert, Jess
HKS Highlanders	Barter, Catherine
HKS Thistles	
HKS Unicorns	
HKU Kings	Ngai, Hei Yiu Hailey
Kowloon Amethysts	Bianca Orsmond
Kowloon Rubies	Hardy, Sarah

CAPTAIN'S DUTIES

The captain should amongst other things:

- Read HKNA Handbook and By-Laws and be familiar with the rules of World Netball. <https://drive.google.com/file/d/14E9H2xr69LZA7W0pmYPq48sb5qzhTHqk/view>
- 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, subject to special arrangements for 2022-23 season. (see later section on uniforms)
- 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 / loss of the original scoresheets.

LEAGUE NIGHT DUTIES AND RULES

DESK DUTY – ABERDEEN OUTDOORS (WONG CHUK HANG ROAD RG)

- Retrieve the HKNA Kit Bag, 1 folding table and 2 folding chairs from the storeroom located behind the toilets.
- Access to the storeroom 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.

DESK DUTY – FA HUI PARK RECREATION GROUND

- Retrieve the HKNA Kit Bag, 1 folding table from the storeroom located directly opposite to the toilets (across the basketball/volleyball courts).
- Access to the storeroom can be made by contacting the staff (Duty Room near the Gent's Toilets).
- Ask the staff to unlock the Posts Storage which is situated in the Community Garden area (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.

DESK DUTY – TAI WAN SHAN RECREATION GROUND

- Retrieve the Posts and HKNA Kit Bag from the storeroom situated under the seating (Entrance to the room at the back alley).
- Access to the storeroom can be made by contacting the staff on duty. Please look around for staff on patrol should the room be locked.
- Please take extra care in retrieving the posts as there is no ramp access and there is a step from ground level.
- The parts of the posts might be stored separately to save space so please make sure they are assembled and properly tightened up. Tools are available from the kit bag if needed.
- 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.

DESK DUTY – HONG KONG FOOTBALL CLUB and HONG KONG PARK

- 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, 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 20 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 photos of results form and email 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 AS SOON AS POSSIBLE.**
- Log any issues arising with HKNA no later than 24 hours after the games.

LEAGUE NIGHTS TEAMS' 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.

WONG CHUK HANG ROAD, FA HUI PARK & TAI WAN SHAN PARK

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 World Netball 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 World Netball Rule 13 provides further information on disciplinary action for unsporting behaviour.

HKNA members should comply with the World Netball 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

- a. New teams must submit their proposed uniform and colours on Form A to the HKNA Committee for approval at team registration. No team may have a uniform similar to the Hong Kong National Team, the colour combinations of which are dark navy/white and red/white.
- b. All players in a team must be in same registered uniform which may be a dress or another form of sports uniform, e.g., singlet and shorts (all shorts must be pocketless).
- c. Subject to the exceptions below, players may not wear extra items that are not part of the basic playing uniform, e.g., gloves, tracksuit pants. Umpires will ask players to remove any extra items before taking the court.
- d. Players may wear (1) bikepants (above the knee) under their uniform; (2) extra clothing items upon presentation of a medical certificate as long as such items do not present an injury risk to other players; and (3) long tight-fitting athletic garments under their uniform when playing outside in cold conditions or if required for religious purposes. Bikepants and long tight-fitting athletic garments should either be entirely black or entirely the predominant colour of the uniform.
- e. Subject to the By-Laws, players not in the same registered team uniform will not be able to take the court. Where a team has an alternate uniform registered, all players must wear the same predominant-coloured registered uniform to take the court.
- f. A team has until the fourth round of the competition to ensure all players have the correct uniform. The League Convenor may grant an extension of time to clubs/teams upon receipt of a request in advance of the fourth round stating clearly the reason for the extension and a date by which teams will be in correct uniform.
- g. The penalty for the team not playing in the correct uniform after the third round is a 1-point loss per match.

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 at 7:00pm, 8.00pm or 9:00pm or as pre-determined and advised by the League Convenor (e.g., as a result of venue constraints, matches may start at 7.15pm and 8.30pm and the Premier division games may start at a different time given the extended length of the matches for that division). For this reason, please review the schedule **CAREFULLY**).

Games will start and finish on the umpires' whistles. Umpires may stop the game for injury time in accordance with the World Netball Rule Book. Injury time will not be added to the game.

For all divisions (exception the Premiere division), games will 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

For the Premiere division, games will consist of:

- 4 x 15-minute quarters
- 4-minute quarter and three-quarter time breaks
- 7-minute half-time break
- 15-minutes between the start of games

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. Please be advised that teams will be penalised should an umpire not appear promptly for their umpiring duty. This is part of the reason that HKNA require all teams to name grade-qualified umpires.

TEAMS LOOKING FOR UMPIRES TO FULFIL THEIR DUTIES

In accordance with our By-Laws, all clubs/individual teams must have a dedicated umpiring convenor.

If a team is having difficulty fielding a duty umpire they should:

1. Join and advertise on our ["Find an Umpire" Facebook page](#).
2. Contact teams playing at the same time and ask if they can help.
3. Consult with their Club Umpiring Convenor.

HKNA cannot be responsible for finding umpires for teams.

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) can be contacted throughout the evening.

Venue Addresses

黃竹坑遊樂場

香港仔黃竹坑道 108 號

Wong Chuk Hang Recreation Ground

108 Wong Chuk Hang Rd, Aberdeen

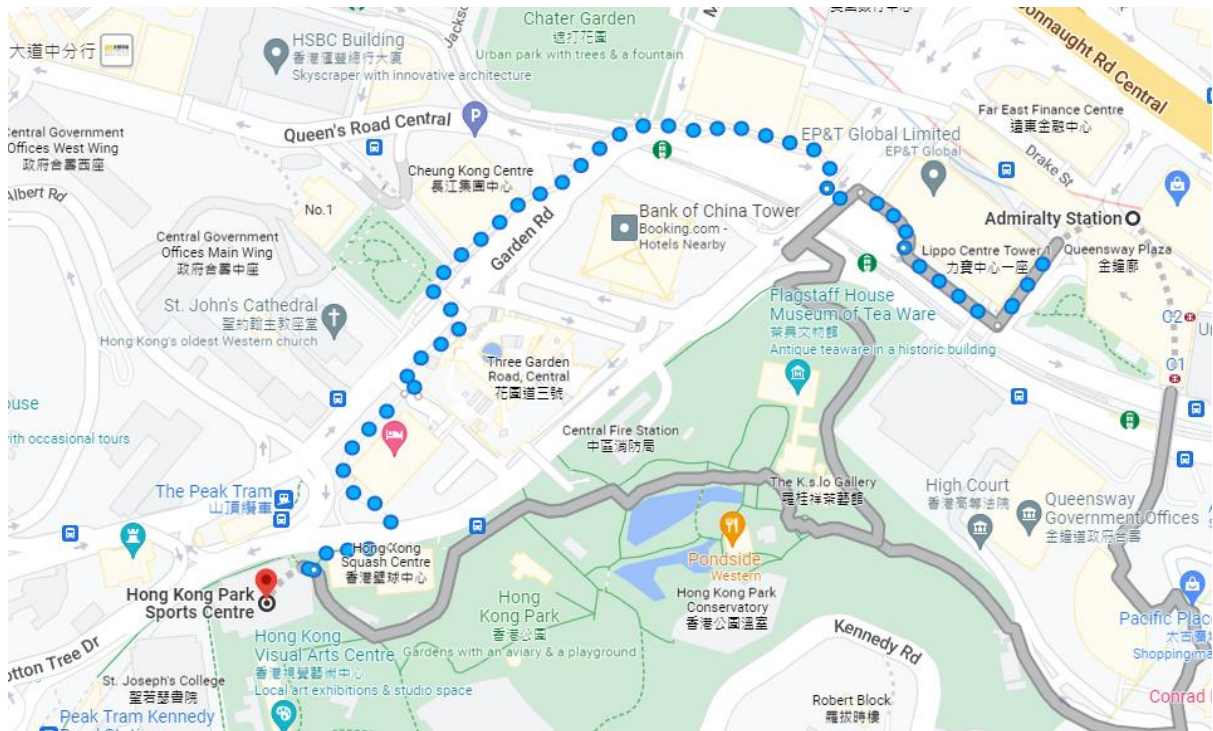


香港公園體育館

香港中區紅棉路 29 號

Hong Kong Park Sports Centre

29 Cotton Tree Dr, Central



香港足球會

香港跑馬地體育路 3 號

Hong Kong Football Club

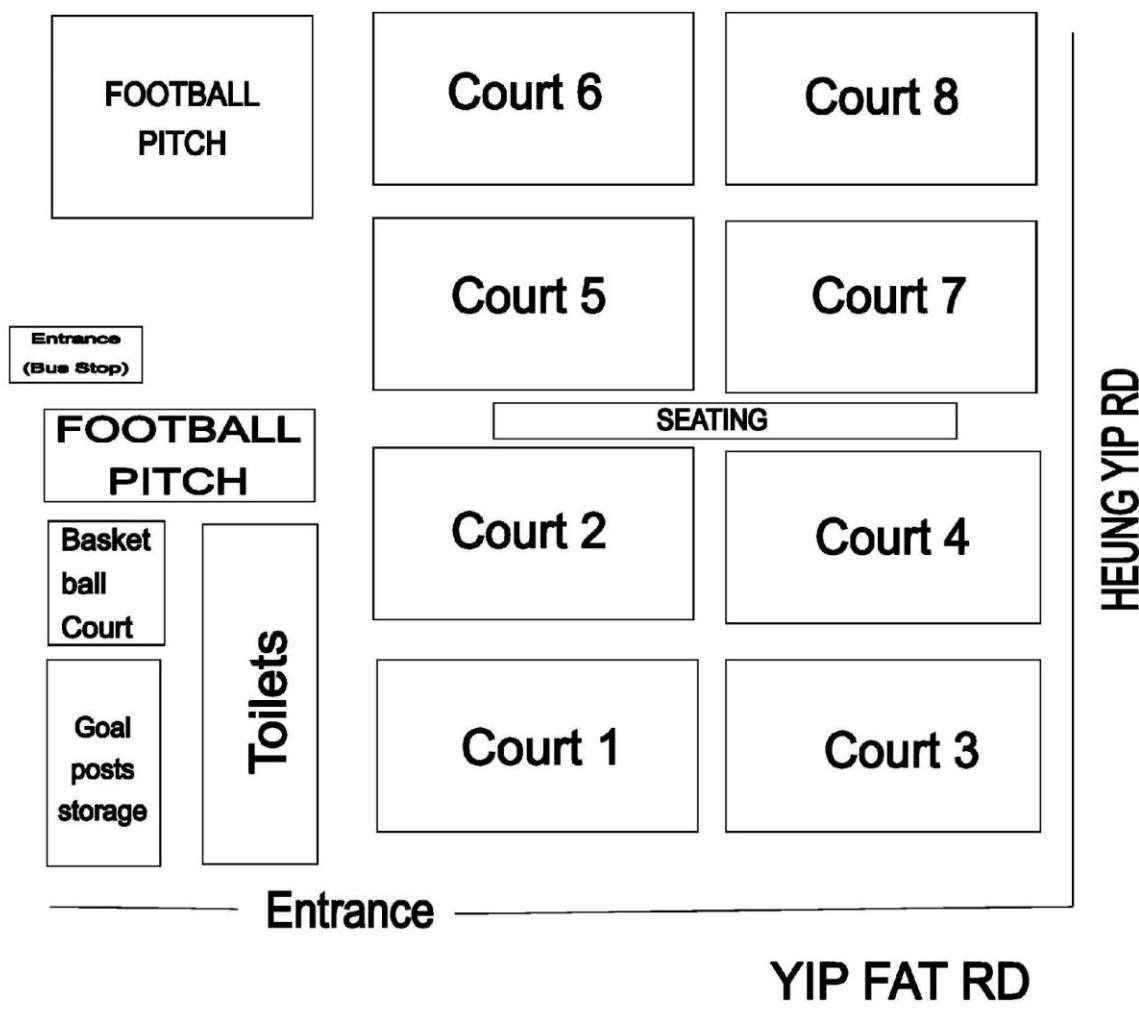
3 Sports Road, Happy Valley, Hong Kong



WONG CHUK HANG RECREATION GROUND

Ocean Park Road

Astro Pitch



WONG CHUK HANG RECREATION GROUND

Ocean Park Road

Astro Pitch

