



香港投球總會

Hong Kong Netball Association

LEAGUE HANDBOOK

2020/2021



Subvented by
Leisure and Cultural Services
Department

Hong Kong Netball Association

Season 2020 / 2021

	Rounds 1 and 2 – Div 1 Teams
1	DB Black Pearls
2	Hantang Phoenix
3	HKCC Demons
4	HKFC Club
5	HKFC Typhoons
6	Sonics
7	Valley Panthers
8	Valley Tigers

	Round 1 and 2 – Div 2 Teams
1	DB Buccaneers
2	Hantang Chilin
3	HKCC Devils
4	HKCC Dragons
5	HKFC Hurricanes
6	HKFC Whirlwinds
7	HKS Pipers
8	Simba
9	Valley Pumas

	Round 1 and 2 - Div 3 Teams
1	DGS Alumni
2	Giants
3	HKCC Scorpions
4	HKFC Tornadoes
5	HKU Duchess
6	KRFC Crystals
7	Mighty Eagles
8	Valley Cougars
9	Valley Leopards

	Round 1 and 2 - Div 4 Teams
1	DB Swashbucklers
2	HKS Bravehearts
3	KRFC Jades
4	Popcorn
5	SK Stingrays
6	The Prime
7	Valley Cheetahs
8	Valley Jaguars
9	Valley Wildcats

	Round 1 and 2 - Div 5 Teams
1	CB Pandas
2	DB Jolly Rogers
3	HKFC Cyclones
4	HKS Thistles
5	HKS Whiskies
6	HKU Kings
7	KRFC Pearls
8	Sparta
9	Valley Lions

	Round 1 and 2 - Div 6 Teams
1	DB Black Jacks
2	HKCC Serpents
3	HKS Unicorns
4	KRFC Amethysts
5	KRFC Emeralds
6	KRFC Rubies
7	Netball Ninjas
8	Valley Lynx

Ladies League Dates 20/21 –

- November 2nd, 9th, 16th, 23rd, 30th
- December 7th, 14th
- January 4th, 11th, 18th, 25th
- February 1st, 8th, 22nd
- March 1st, 8th, 15th, 22nd
- April 12th, 19th, 26th
- Semi-Finals – May 3rd (TBC)
- GRAND FINALS - May 8th (TBC)

HK Holidays 20/21

- Winter Holidays – 15th December 2020 – 3rd January 2021
- Chinese New Year – 12th – 15th February 2021
- Ching Ming Festival – 5th April 2021
- Easter Holidays – 2nd, 3rd, 6th April 2021

League Handbook

Welcome to the Hong Kong Netball Association (HKNA) League Season 2020/2021. 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, Fa Hui Park, Tai Wan Shan Park 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 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 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
Executive Council		
Sherryn Hancock	President	DB
Connie Wong	Vice President 1 (Elite and Coaching)	Life Member
Sarah Grimmer	Vice President 2 (League)	HKCC
Christina Yue	Secretary (Grassroots Programme)	HKCC
Krystal Edwards	Treasurer	Independent
Other Council Members		
Ursula Holloway	League Convener	SK Stingrays
Anna Wilson	Mixed League	KRFC
Lorraine Pak	Events & Operations	
Olivia Burgess		HKFC
Rachel Bryant	Special Events - Social	Valley RFC
Carly Goodchild	Special Events - Social	Valley RFC
Tiffany Cheung		HKU
Melanie Potgieter	Umpiring	Life Member
Cheng Lai Fun		Hantang
Chan Ka Keung	Men's Netball Representative	
Kate Wood	Policy and IT	HKS
Paid Employees		
Lorraine Pak	Office & Events Manager	
Angela Chan	Elite Coaching and Development Manager	
Haley Ho	Administrative Assistant	
Tony Tam	Administrative Assistant – Netball Development	

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 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 2020-21

Club	Convenor
DB Pirates	Tessa Laue
CB Pandas	Rebecca Chan Sharon Stringer
DGS Alumni	Anna Yu
Giants	Chan Wing Po
Hantang	Gessy Li
HKCC	Kate McNicholl Dawn Bishop
HKFC	Helene Bibeau
HKU	Tiffany Cheung
Hong Kong Scottish	Katharine Wood
Kowloon RFC	Anna Wilson
Mighty Eagles	Jennifer Dax
Netball Ninjas	Clareta Chia
Popcorn	Gigi Hui
Sai Kung Stingrays	Ursula Holloway
Simba	Eden Chan
Sonics	Jessica McCauley
Sparta	Lee Ka Hei
The Prime	Shi Ka Lam
Valley	Tracy Skipp

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

HKNA League Teams & Captains 2020 – 2021

Division 1	
Team	Captain
DB Black Pearls	Harriet Kilduff
Hantang Phoenix	Grace Yuen
HKCC Demons	Krystle Edwards
	Anna Pinder
HKFC Club	Kate Agars
HKFC Typhoons	Jackie Law
Sonics	Danielle Taylor
	Lisa Martin
Valley Panthers	Rachel Bryant
Valley Tigers	Sjani Genis

Division 2	
Team	Captain
DB Buccaneers	Samantha Lewis
Hantang Chilin	Odilia Man
HKCC Devils	Abi Porter
	Donna Baxter
HKCC Dragons	Camilla Stewart
HKFC Hurricanes	Claire Baldwin
HKFC Whirlwinds	Sophie Smith
HKS Pipers	Ashley Higham
Simba	Jasmine Fung
Valley Pumas	Hannah Minty

Division 3	
Team	Captain
DGS Alumni	Anna Yu
Giants	Chung Nga Ting Iding
HKCC Scorpions	Angela Duncan
	Paula Kay
HKFC Tornadoes	Katrina Duck
HKU Duchess	Sophie Li
KRFC Crystals	Gemma Bell
Mighty Eagles	Julia In
	Shammin Azim-Szlinsky
Valley Cougars	Heather Robinson
Valley Leopards	Vera Coetsee

Division 4	
Team	Captain
DB Swashbucklers	Nicky Garwood
HKS Bravehearts	Becky Fawdry
KRFC Jades	Emily Jones
Popcorn	Ada So
	Patricia Wong
Sai Kung Stingrays	Rachel Trinder
The Prime	Chan Yin Yung
Valley Cheetahs	Sigrid Balle
Valley Jaguars	Charlie Robertson
Valley Wildcats	Mini Kwok

Division 5	
Team	Captain
CB Pandas	Sarah Whorlow
DB Jolly Rogers	Michelle Poulter
HKFC Cyclones	Michelle Cairns
HKS Thistles	Tracey Whitfield
HKS Whiskies	Katharine Wood
HKU Kings	Tiffany Cheung
KRFC Pearls	Laura Denholm
Sparta	Lee Yuet Shan
Valley Lions	Tara O'Leary

Division 6	
Team	Captain
DB Black Jacks	Carrie Wong
HKCC Serpents	Maddie Trussell
HKS Unicorns	Ceri Hill
KRFC Amethysts	Ruth Taff
KRFC Emeralds	Courtney Buck
KRFC Rubies	Marika Louw
	Sarah Hardy
Netball Ninjas	Wendy Kwok
Valley Lynx	Ruth Johnstone

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).
<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 2020-21 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 – HONG KONG FOOTBALL CLUB

It is expected that desk duty supervisors will read through the desk duty folder prior to the commencement of any games. HKFC Sports Desk Staff will have the HKNA Kit Bag in hall.

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).**
- 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**
- **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 OUTDOORS(WONG CHUK HANG 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 store room 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.

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.

ABERDEEN OUTDOORS, 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.

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.

PLEASE NOTE THAT THE FOLLOWING ADDITIONAL CONDITIONS APPLY TO THE GAMES PLAYED AT HKFC:

1. No spectators allowed.
2. Everyone must be temperature checked upon arrival at the club.
3. Only the 14 players on the court and 2 umpires will be allowed to remove their masks.
4. Substitutions, Coaches, Desk Duty and Umpire Support must wear a mask and sit in groups of maximum 4 with 1.5 metres between them.
5. Players who had taken the court must sign the official scoresheet as per usual, but ALL substitutions and coaches' full names must also be included on the sheet clearly indicating that they did not take the court.
6. All umpires, umpire support and desk duty representatives must clearly indicate their full names on the list provided at the desk and ensure it is returned to HKNA for records.
7. Teams won't be allowed into the club until the previous teams have left. Immediately after the first game has finished all participants must leave the Sports Hall to allow the second game time to warm up. Stretching and post-game discussions must take place outside the club premises.
8. Warming up is allowed on the courts only and not in the car park or hallways etc.

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

This season, the principles applicable to uniforms are that:

1. whenever possible, all players in a team must be in identical 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.

2. a team may wear similar but not identical dresses as long as they are the same predominant colour;
3. a team may wear sports clothes instead of dresses as long as they wear the same predominant colour **and** they wear the same colour singlet bibs (not stick-on bibs);
4. any team without identical uniforms must contact the opposition to check what colour the latter will wear so as to avoid wearing a similar colour (including bibs); and
5. where both teams plan to wear a similar colour, the second-named team must adjust to a different colour.

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 7.15pm, 8.30pm and at 7pm, 8pm or 9pm, as the case may be. 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) can be contacted throughout the evening.

Venue Addresses

花墟公園

九龍界限街 101 號

Fa Hui Park

101 Boundary Street, Kowloon



大環山公園

九龍紅磡環海街 (港鐵黃埔站)

Tai Wan Shan Park (Whampoa MTR)

Wan Hoi Street, Hung Hom, Kowloon



黃竹坑道硬地足球場 (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)



香港足球會

跑馬地體育路 3 號

Hong Kong Football Club

3 Sports Road, Happy Valley



FA HUI PARK

- Map for Courts -

7

8

5

6

3

4

1

2

Posts
Storage
(Access from gate
between court 6
& 4)

Basketball courts

Ball Bag
& Table
Storage

Tat Chee Ave

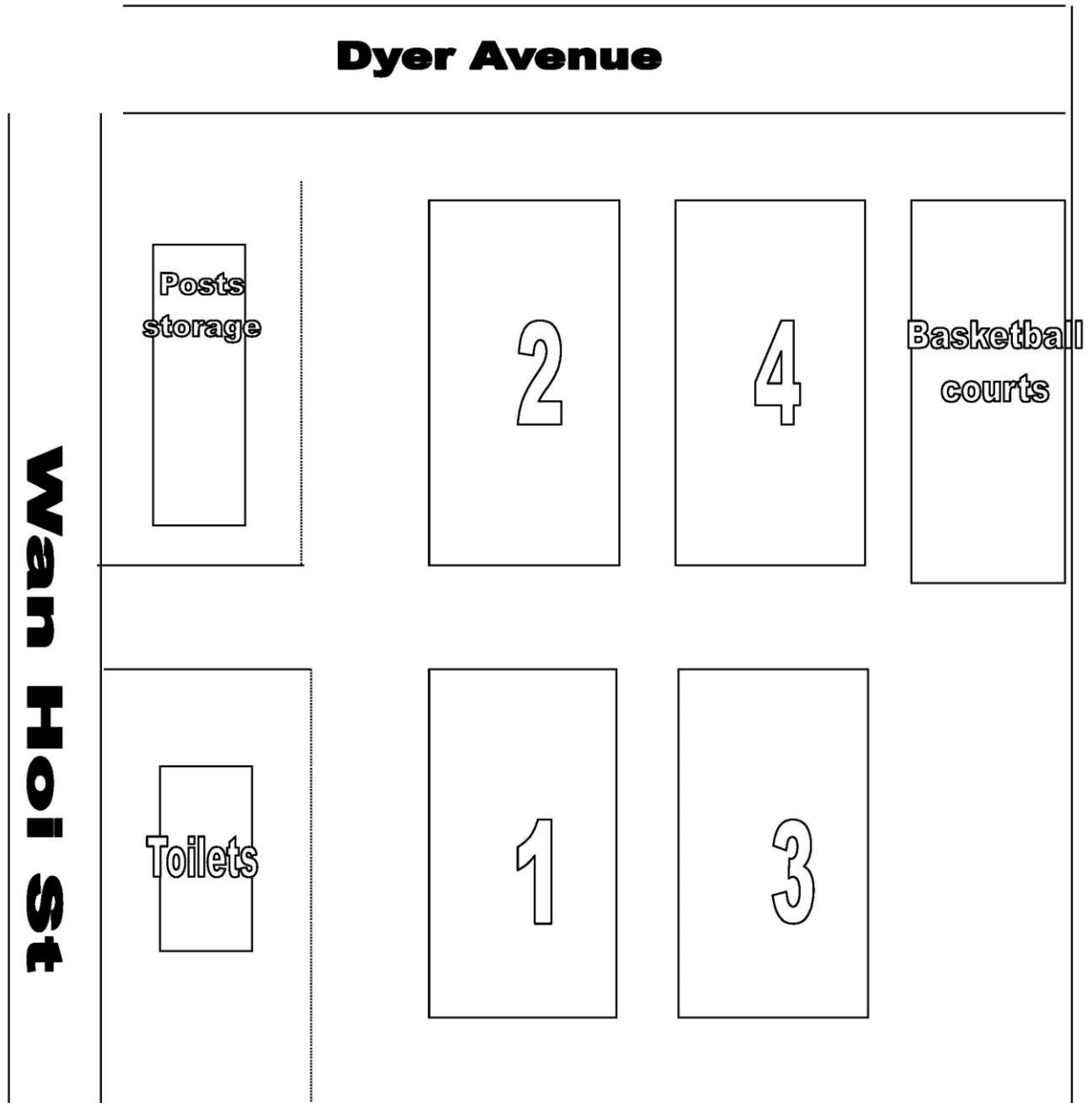
RAILWAY

Food
Kiosk

Toilets

Duty
Room

TA WAN SHAN PARK
- Map for Courts -



WONG CHUK HANG RECREATION GROUND

Ocean Park Road

Astro Pitch

FOOTBALL
PITCH

Courts Closed
due to

Renovation of the Astro Pitch

Entrance
(Bus Stop)

FOOTBALL
PITCH

SEATING

Basket
ball
Court

Toilets

Court 2

Court 1

Goal
posts
storage

Court 4

Court 3

HEUNG YIP RD

Entrance

YIP FAT RD