



**JUNIOR NETBALL LEAGUE**

**青少年投球聯賽**

**Handbook 2022 Autumn League**

Updated: October 2022

**U8s | U10s | U12s | U14s | U16s | U19s**

This competition is subvented by:



康樂及文化事務署  
Leisure and Cultural  
Services Department

*And organised by The Hong Kong Netball Association:*



香港投球總會

Room 1016, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, HK

Email: [hkna@hkolympic.org](mailto:hkna@hkolympic.org) Web: [www.netball.org.hk](http://www.netball.org.hk)

Tel: (852) 2504 8207, 2504 8208 Fax: (852) 2577 5694

# League Handbook

Welcome to the Hong Kong Netball Association (HKNA) Junior 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 these venues: Fa Hui Park, Wong Chuk Hang Ground and Tai Wan Shan Park.

This Handbook contains:

- Information on Competition management and administration
- HKNA contacts
- Club Convenor contacts
- The Code of Behaviour
- Addresses and maps for 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 Junior League Convenor – Shirley Yuen ([hkna.jnlconvenor@gmail.com](mailto:hkna.jnlconvenor@gmail.com)) with a copy to HKNA ([hkna@hkolympic.org](mailto:hkna@hkolympic.org)).

On a League day, you may also contact any HKNA Representative at the venue.

Happy netballing!

HKNA Executive Council

<b>2022/2023 League Key Dates</b>	<b>2</b>
<b>2022/2023 HKNA Key Contacts</b>	<b>2</b>
<b>Competition Management and Administration</b>	
Player Eligibility	3 - 4
Player/Team Registration Info, Guest players	
Team Lists	
<b>Registration Team Fees and Payment</b>	<b>5</b>
Withdrawals	
Cancellation of Matches, Covid 19 Guidelines	
<b>Competition Format</b>	<b>6</b>
Team managers, Coaches Responsibilities	7
<b>Desk Duty and Timing Info</b>	<b>7</b>
<b>Equipment and Goal Posts reminder</b>	<b>8</b>
Uniform and Jewellery Reminder	8
Umpire Info	9
<b>Match Rules</b>	<b>10</b>
<b>HKNA Codes of Conduct</b>	<b>11 - 12</b>
Code of Behaviour - Players	
Code of Behaviour - Coaches	
Code of Behaviour - Spectators	
Misconduct	
<b>Venues</b>	<b>13 - 14</b>
Fa Hui Park	
Tai Wan Shan Park	
Wong Chuk Hang Recreation Ground	
<b>Club Convenor Contacts - Autumn 2022</b>	<b>15</b>

# 2022/2023 Autumn League Key Dates

Saturday afternoons

	Venue	Notes
8 October	Fa Hui Park 12 – 6pm	Round 1
15 October	Fa Hui Park 12 – 6pm	Round 2
22 October	Fa Hui Park 12 – 6pm	Round 3
29 October	Fa Hui Park 12 – 6pm	Round 4
5 November	Wong Chuk Hang Ground 12 – 6pm	Round 5
12 November	Tai Wan Shan Park 11am – 8pm	Wet Weather/Round 6/Playoffs
19 November	Wong Chuk Hang Ground 12 – 6pm	Playoffs/Finals
26 November	Wong Chuk Hang Ground 12 – 6pm	Wet Weather/Finals

## NOTES:

1. Draw and league structure to be confirmed after registration deadline
2. Not all dates/timing listed may be used but please be prepared to play

# 2022/2023 HKNA Key Contacts

JNL Team		hkna.jnlconvenor@gmail.com
HKNA JNL Convenor	Shirley Yuen	hkna.jnlconvenor@gmail.com
HKNA President	Krystle Edwards	president.HKNA@netball.org.hk
HKNA Development Officer	Tony Tam	do.hkna@netball.org.hk
HKNA Office	Eva Lam	hkna@hkolympic.org
JNL Umpiring	Melanie Potgieter / Khan Murray	umpiring.hkna@netball.org.hk

# Competition Management and Administration

## Player Eligibility

U19s	born on or after 1st Jan 2004
U16s	born on or after 1st Jan 2007
U14s	born on or after 1st Jan 2009
U12s	born on or after 1st Jan 2011
-----	
U10s	born on or after 1st Jan 2013
U8s	born on or after 1st Jan 2015

### NOTES:

U8s/U10s any boys can play.

U12 + U14s divisions: Boys are welcome to play. However, only three boys are allowed on the court at any time and limited to one boy in the Goal Circle at each end. Can play GA or GS (not both) and GD or GK (not both).

U16s - U19s: A request must be made in advance to the Junior League Convenor for each male player. Each request will be reviewed individually by the ExCom. The decision is at the sole discretion of the ExCom and that decision will be final. Should the boy be approved to play, the ExCom will clearly state which division and age group he will be allowed to participate in based on his strength/physicality/size. 2 boys will be allowed per team, with only 1 boy allowed on court at any one time.

Dispensation may be made in extenuating circumstances please contact the League Convenor - Shirley Yuen at [hkna.jnlconvenor@gmail.com](mailto:hkna.jnlconvenor@gmail.com) as early as possible.

## Player/Team Registration info

For a player to be registered, the individual player must have;

1. Had the \$170 player registration fee paid by their club.
2. Completed the JNL disclaimer form
3. Only entered in one division and one age-group for one team. Except for schools entering a team who can register a player who is also playing in a different division for a club. It is the school getting this exemption so they must take responsibility to handle any schedule conflict and take care of the player's welfare.

### NOTES:

- The disclaimer forms will need to be done online via Sportlomo
- Team convenors will be responsible for ensuring all disclaimer forms are completed and submitted to HKNA by the Friday before the first scheduled game.
- Failure to submit team disclaimer forms by the specified deadline will result in a \$200 fine per team for each and every week (accrued) until such time that these are submitted.
- The disclaimer form will cover the full netball season, ie. Autumn 2022 and Spring 2023.
- A player who is registered for the Autumn 2022 league and paid the \$170 fee does not need to do this again for the Spring 2023 league.

## Guest players

- Guest players who are not registered with HKNA JNL will need to complete the sportslo mo procedure prior to taking court. Clubs are expected to communicate this with the JNL Convenor and preferably complete the necessary administrative work at least one day prior to game day.
- On game day, the name must be printed and ticked on the scoresheet for record keeping.
- Registered JNL players may guest play as long as the team they are playing for is in the same club and is ranked higher than their original team. On game day, the name must be printed and ticked on the scoresheet for record keeping.
- The approved player is approved to play two games. Should this player play a third game, he or she must register as a full season member. This means an updated form B will need to be shared with the convenor and pay any fee that may incur as a result of this.

## Team Lists

For each team application, the Form B (Team List) must be submitted via email in EXCEL format. **If you have multiple teams please add additional tabs (1 per team) to the same excel file.** Emails need to be sent to the JNL convenor email, [hkna.jnlconvenor@gmail.com](mailto:hkna.jnlconvenor@gmail.com), by the specified deadline.

### NOTES:

- A maximum of TWELVE PLAYERS are allowed on the team list. Additional players must gain HKNA approval.
- U8s/U10s can include FIFTEEN PLAYERS on the team list.
- The team list includes the names of the players in the team, playing history and date of birth.
- Please submit your draft team list if you cannot confirm your team yet.
- Team lists must be finalised by Week 2 of the competition.
- Within the first 2 weeks, changes to team lists can be re-submitted without penalty
- Team list changes (either adding or changing players) AFTER Week 2 of the competition, will incur an admin fee of \$200HKD. The fee will be the same regardless of the number of changes made.
- After Week 2 of the competition, submitted players cannot be moved downwards, only up.

## Registration Team Fees and Payment

- Team Registration Fee: HK\$150 per team, per competition.  
(Cross Cheque OR Direct Transfer to HSBC 411-811375-001)
- Player Registration : \$170 per player for full season (Autumn + Spring Competition).  
(Cross Cheque OR Direct Transfer to HSBC 178-768966-001)

\*\*\*\* Please note that Team Fee and Player's registration have different accounts. Please write a separate check for Team Fee and Players Registration. \*\*\*\*\*

\*ONE CLUB/TEAM = TWO CHEQUE or TWO TRANSACTIONS (ONE for Team Fee; ONE for Player Registration)

Please post the cheque OR email receipt of transfer to HKNA [hkna@hkolympic.org](mailto:hkna@hkolympic.org) AND JNL Convenor email [hkna.jnlconvenor@gmail.com](mailto:hkna.jnlconvenor@gmail.com) before the specified deadline.

## 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 + COVID 19 guidelines

HKNA will make a call on the cancellation of matches owing to external factors as early as possible to avoid unnecessary travel - notification will be sent via email to the clubs/schools registered email address, HKNA Facebook page as well via the JNL Whatsapp group.

In the case of external factors that are likely to pose safety concerns (including adverse weather), an announcement will be made by 9:00AM on game day if play is to be cancelled. If after 9:00AM, safety issues arise, the JNL supervisor for that day will determine a decision as soon as possible and communicate this accordingly.

Please note that owing to limited court availability, if on any assigned dates games cannot be played owing to external factors, HKNA will endeavor to reschedule fixtures. If this is not possible games will not be re-played and both teams will be awarded competition points equivalent to a **drawn game**.

HKNA will follow the Government guidelines with regards to Covid Protocols. All players above the age of 5 years will need to satisfy the requirements of the vaccine pass. Players who are on amber alert are not allowed to attend LCSD venues and play in the league. Players who are deemed a close contact of a positive case must also follow the government guidelines. It is the club's responsibility to make sure their members comply with these government rules.

Do not attend if you feel unwell or answer yes to any of the questions regarding quarantine or being in contact with a positive case of Covid-19 as per the disclaimer form.

- Temperatures must be checked on arrival at the venue
- Everyone must wear a mask while not playing, including subs, coaches and spectators.

## Competition Format for 2022/23

<b>Format</b>	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.
<b>Match Time</b>	<p>ALL the games will be centrally timed by the JNL match desk.</p> <p>U12s - U19s: The length of games should be 12 minute quarters with 4 minute intervals.</p> <p>U8s/U10s The length of games should be 4 x 10 minute quarters with 4 minute intervals between each quarter.</p> <p>If rescheduling forces a shorter season, HKNA may shorten game time or any other shorter length that the JNL supervisor needs to make the schedule work.</p>
<b>Scoring</b>	<p>Points system</p> <p>4 for a win / forfeit</p> <p>3 for a draw</p> <p>2 for losing but scoring more than half your opponents score</p> <p>1 for a loss</p> <p>Teams will be ranked in their division and will play in the finals series based on their ranking. Goal difference will be taken into consideration should two teams draw on points.</p>
<b>Team Arriving Late</b>	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 end of 1 <sup>st</sup> quarter, then the win is awarded to the opposing team and the 'forfeiture' penalties (below) applies to the team who cannot field a team.
<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 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>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. If forfeiture takes place without enough notification time, the forfeiting team will be fined \$300.</p>
<b>Finals Series</b>	<p>There will be a finals series for the Autumn 2022 League. Each division will have a winner, runner-up and third place. There will be medals for these 3 teams.</p> <p>Note: This does not apply to U8s/U10s.</p> <p>Additionally, HKNA will provide the coach of EACH team TWO medals they can present to their team:</p> <p><b>a) Most Valuable Player</b></p> <p><b>b) Sportsmanship Award</b></p>



## Team manager/coach responsibilities

Teams playing in the first time slot are responsible for getting the goal posts from storage at the ground and putting them up on their designated court. Teams playing in the last time slot for that court are responsible for putting their own goal posts away at the end of the game.

It is the playing teams' responsibility to provide a scorer to score the game. At the end of the game, the scorer must bring the scoresheet back to the desk for record keeping. To avoid any disputes, HKNA strongly suggests that 1 scorer from each team stand together. The final score on the score sheet will stand.

Note - There will be no scoring provided for U8s and U10s.

## Desk duty/timing info

<p><b>Desk Duty:</b></p> <p><b>Timing of Games</b></p>	<p><b>Timing of U12-U19 Games Duties</b></p> <ul style="list-style-type: none"> <li>● Each game is to begin promptly</li> <li>● The bell should be used at the beginning and end of each half to inform umpires to begin/end the game</li> <li>● Time is to be held centrally</li> <li>● Quarters are 12 minutes in length</li> <li>● Interval between quarters will be 4 minutes</li> <li>● 30 seconds prior to the end of each rest interval call players onto court</li> <li>● Time starts again as soon as the interval has elapsed</li> <li>● Matches start and finish on the umpires whistle</li> <li>● Timing does not stop for injury. For most stoppages called throughout the entire match will be of maximum of 30 seconds. The player concerned <b>MUST LEAVE</b> the court within those 30 seconds. For all these stoppages, time will not be added to the end of the quarter or match. Serious injury takes all the time it needs.</li> </ul> <p><b>Timing of U8s/U10s Games Duties</b></p> <ul style="list-style-type: none"> <li>● Each game is to begin promptly</li> <li>● Time is to be held centrally</li> <li>● Quarters are 10 minutes in length</li> <li>● Interval between quarters will be 4 minutes</li> <li>● Matches start and finish on the umpires whistle</li> <li>● Timing does not stop for injury. For most stoppages called throughout the entire match will be of maximum of 30 seconds. The player concerned <b>MUST LEAVE</b> the court within those 30 seconds. For all these stoppages, time will not be added to the end of the quarter or match. Serious injury takes all the time it needs.</li> </ul>
--	---

## Equipment and Goal post reminder

<b>Equipment</b>	Each team is to bring their own equipment, such as balls and bibs for the games. All teams are advised to BRING THEIR OWN FIRST-AID KIT and ICE and/or ICE PACKS.
<b>Goal Posts</b>	The height of the goal posts for the U19s, U16s, U14s and U12s competitions is 10 feet (6th hole on the goal posts). The height of the goal posts for the u10s competitions is 8 feet (1st hole on the goal posts). If both U8s teams agree, they can leave the ring at its lowest possible position or any other agreed height.

## Uniform/jewellery reminder

<b>Uniforms</b>	<p>Playing positions must be worn by each player of a team. Shoes or boots must be worn throughout the entire game. Spiked shoes are not allowed.</p> <p>The principles applicable to uniforms are that:</p> <ol style="list-style-type: none"> <li>1. whenever possible, all players in a team must be in identical uniform</li> <li>2. a team may wear similar but not identical dresses as long as they are the same predominant colour</li> <li>3. a team may wear sports clothes instead of dresses as long as they wear the same predominant colour <b>and</b> they wear the same colour singlet bibs (not stick-on bibs);</li> <li>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</li> <li>5. where both teams plan to wear a similar colour, the second-named team must adjust to a different colour.</li> <li>6. shorts must be pocketless to avoid catching fingers.</li> </ol> <p>Please also note:</p> <ul style="list-style-type: none"> <li>● Players are NOT allowed to wear any items of jewellery or sharp adornments. Medical bracelets, if worn, must be taped. Earrings CANNOT be taped.</li> <li>● Fingernails shall be cut short and smooth, or netball gloves worn.</li> </ul>
-----------------	---

## Umpire info

<p><b>Umpiring Duties</b></p>	<p>Umpires are arranged unless specified otherwise at the time of registration. Clubs are required to pay 150/game on the day of JNL by cash. Please approach the desk when you arrive.</p> <p>Umpires should arrive a minimum five minutes before the start of the game to be checked off and also to check nails etc. The umpire CANNOT coach during the game or during the intervals (1/2 time) except for U8s/U10s.</p> <p>It is the umpires' responsibility to provide their own whistle and sign the scoresheet at the conclusion of the match. The umpires have sole control of the game and the umpires' decisions are final. The captains of the playing team may bring points of umpiring before the umpire and this may only be done during the intervals of match play.</p> <p>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 was used, then the team that the umpire is umpiring for will be charged \$150. This money will go directly to the replacement umpire. The umpire is deemed absent if he or she is more than 5 minutes late.</p>
-------------------------------	--

## Match Rules

### U19 / U16 / U14 / U12

All matches shall be played in accordance with the World Netball Rules of the Game currently in force at the time of the relevant match, except where specifically stated in this handbook.

### U8s/U10s Rules

1.	<b>UMPIRING:</b> The umpire is expected to also coach the players from both teams during the game. Please make sure the umpire knows the modified rules (see below).
2.	On the last day of each age group round robin competition, HKNA will provide the coach of EACH team TWO trophies or medals they can present to their team: <i>a) Most Valuable Player</i> <i>b) Sportsmanship Award</i>
3.	<p><b>TIME TO PASS THE BALL:</b> Up to 6 seconds</p> <p><b>STEPPING:</b> Shuffling on the sport to regain balance allowed without moving down the court.</p> <p><b>GOAL POST:</b> U8s/U10 will play at 8 feet or lowest possible position if both teams agree.</p> <p><b>DEFENDING:</b> One-on-one defence. Players may defend a shot at goal.</p> <p><b>OBSTRUCTION:</b> A player defending a player from the opposing team in possession of the ball must defend from a distance of 1.2 metres (4 feet).</p> <p><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.</p> <p><b>SUBSTITUTIONS:</b> The game time should be evenly distributed amongst all players. A team (up to 15 players is allowed) may make unlimited substitutions at intervals or at any time during play.</p> <ol style="list-style-type: none"> <li>1. Before entering the Court, the substitute shall tag the player leaving the Court.</li> <li>2. Both the substitute and the player leaving the Court shall not interfere with the play during the substitution process;</li> <li>3. Both the substitute and the player leaving or entering the Court shall observe the Offside Rule when leaving or entering the Court.</li> </ol> <p>* Having two sets of bibs of the same colour would be helpful!</p>

# HKNA Codes Behaviour

## Code of Behaviour - **Players**

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 game.
3. Control your temper. Verbal abuse of officials or other players, deliberately distracting or provoking an opponent is not acceptable or permitted.
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. Cooperate 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.

## Code of Behaviour - **Coaches**

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.
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.

## Code of Behaviour - Spectators

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 and worth of every young person regardless of gender, ability, cultural background or religion

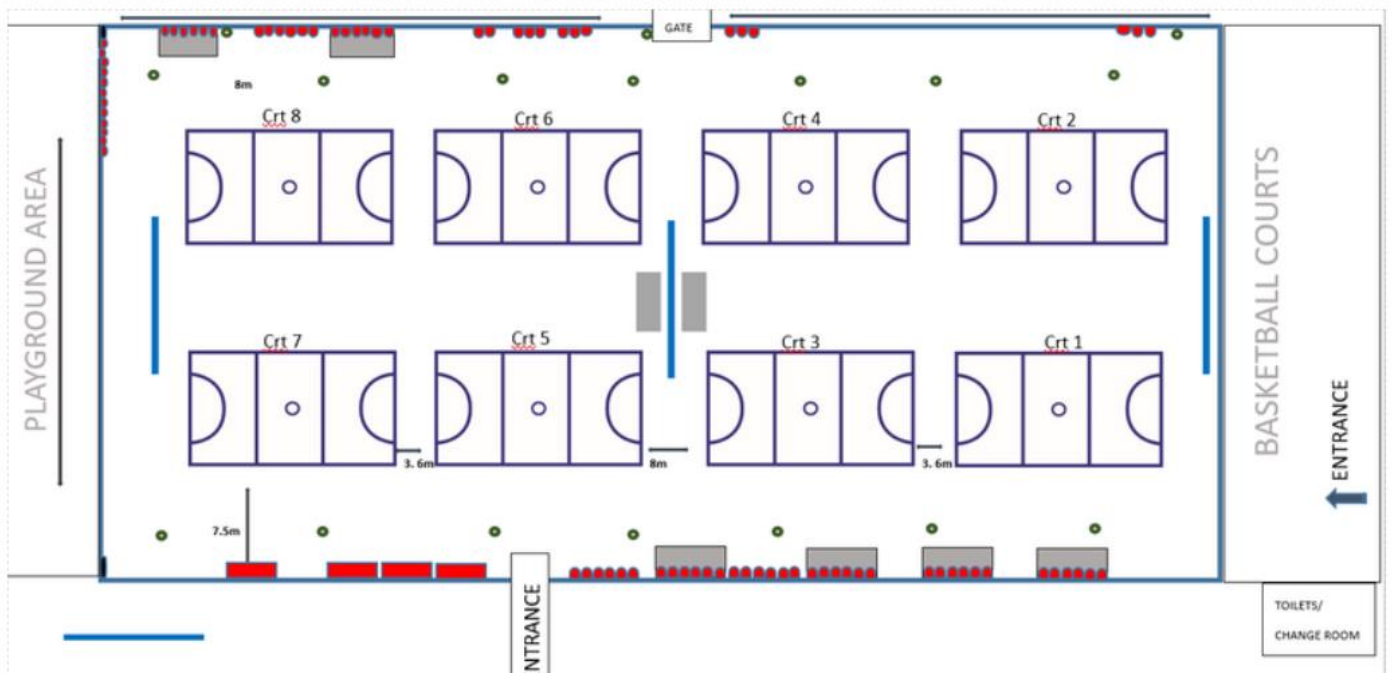
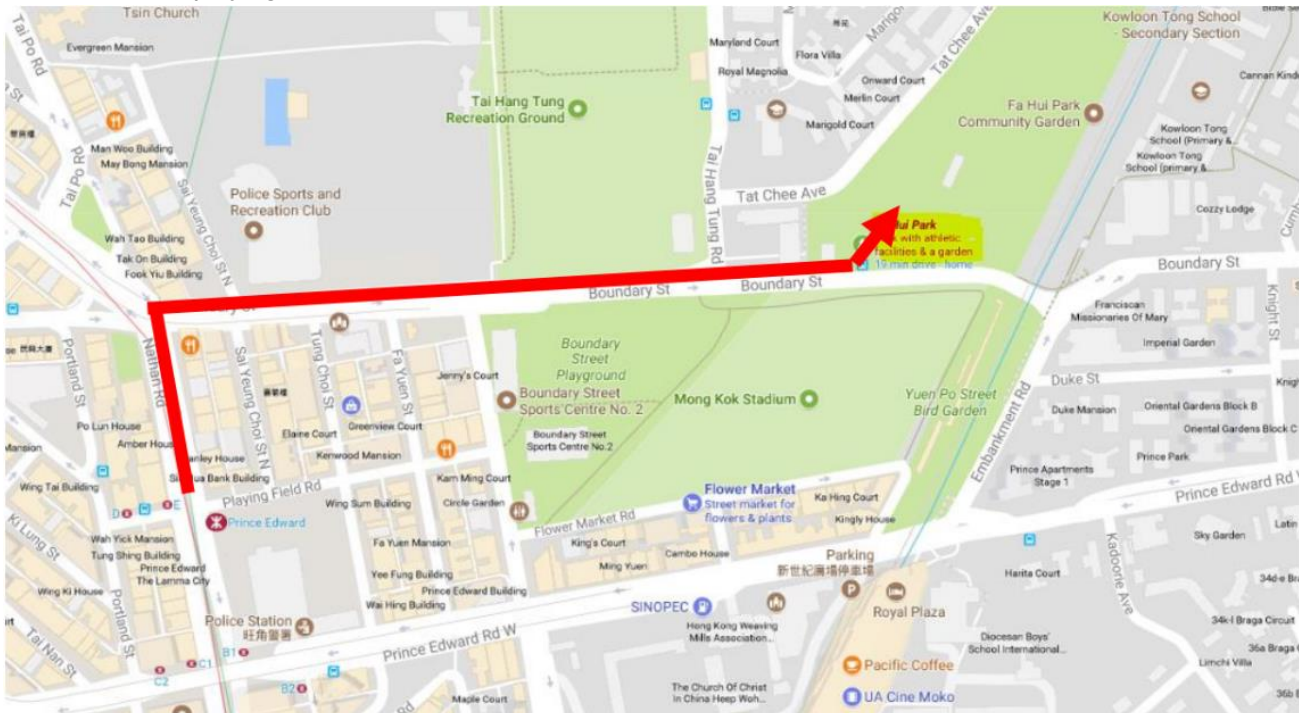
<b>Misconduct</b>	<p>All persons entering the grounds are expected to follow the "Codes of Behaviour". A standard of behaviour from PLAYERS, OFFICIALS and SPECTATORS is expected and if not adhered to, action will be taken by the JNL Convenor. The Codes of Behaviour are provided in this Handbook. HKNA encourages fair play and believes in providing a safe and fun environment for all the players and 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>
-------------------	---

# Venues

## Fa Hui Park

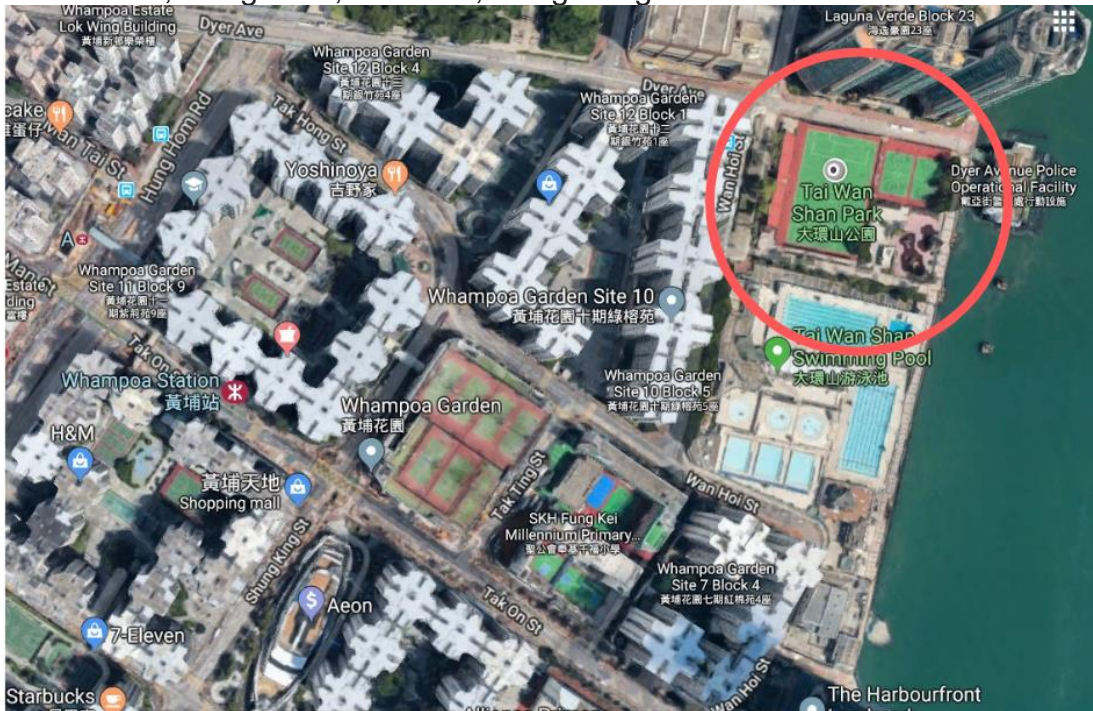
101 Boundary Street, Prince Edward, Kowloon, Hong Kong

*Directions: Prince Edward MTR Exit A, walk along Playing Field Road, turn left to Sai Yee Street. Turn right to Boundary Street. At the pedestrian crossing, cross Boundary street. Walk past Chan's Creative School and you will see a children's playing area which leads to the entrance to Fa Hui Park.*



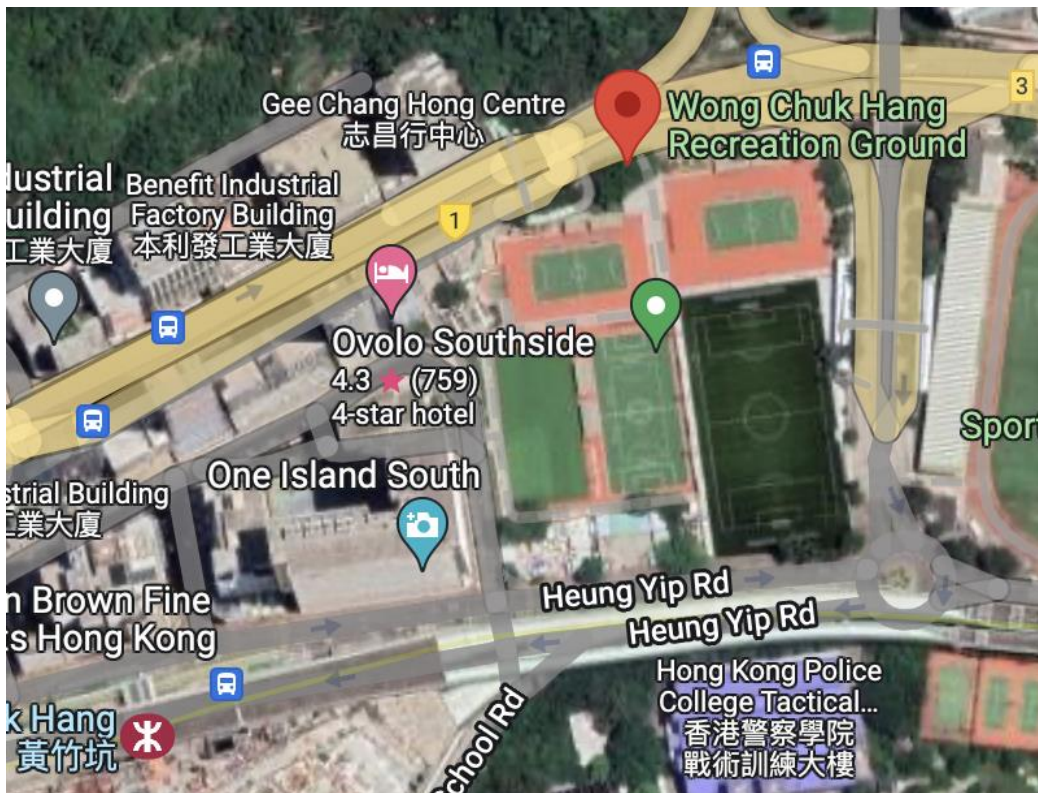
## Tai Wan Shan Park

Wan Hoi St, Hung Hom, Kowloon, Hong Kong



## Wong Chuk Hang Recreation Ground

108 Wong Chuk Hang Road, Aberdeen (next to Ovolo Southside)





# Club Convenor Contacts - Autumn 2022

Club's Name	Contact Name
Alectrona	Iris Chan, Sophie Li
DB Pirates	Samantha Lewis
HK Scottish	Emma Gregory
Hong Kong Cricket Club	Leith Stewart, Dawn Bishop (Head Coach), Kitty Spry
Hong Kong Football Club	Mary Vlogianitis, Rebecca Thompson
HKU Sandy Bay	Caitlyn Farrell
Major League Sports Academy (MLSA)	Tom Halder
Sai Kung Stingrays	Adrian Raper, Shirley Yuen (Head Coach)
Sonics Netball Junior	Gabriel Chan
Valley RFC	Bella Milo
The ISF Academy	Koey Lo Tsz Ying