



香港投球總會

Hong Kong Netball Association

MIXED LEAGUE HANDBOOK 2023



**Subvented by Leisure and Cultural Services
Department**

Hong Kong Netball Mixed League 2023

Season League Dates

Date	Round
24 th April 2023 Mon	1st Round Robin Week 1 Wong Chuk Hang Recreation Ground 7-10pm
15 th May 2023 Mon	2nd Round Robin Week 2 Wong Chuk Hang Recreation Ground 7-10pm
15 th May 2023 Mon	1st Round Week 3 Wong Chuk Hang Recreation Ground 7-10pm
22 th May 2023 Mon	1nd Round Week 4 Wong Chuk Hang Recreation Ground 7-10pm
29 th May 2023 Mon	2nd Round Week 1 Wong Chuk Hang Recreation Ground 7-10pm
5 th June 2023 Mon	2nd Round Week 2 Wong Chuk Hang Recreation Ground 7-10pm
12 th June 2023 Mon	2nd Round Week 3 Wong Chuk Hang Recreation Ground 7-10pm
19 th June 2023 Mon	2nd Round Week 4 Wong Chuk Hang Recreation Ground 7-10pm
26 th June 2023 Mon	Finals Wong Chuk Hang Recreation Ground 7-10pm

Hong Kong Netball Association

Season 2023

League Handbook

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

This year we will be using one venue for all games: Wong Chuk Hang Recreation Ground (Aberdeen Outdoors).

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://netball.org.hk/mixed-netball-league-2023/>

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 the Mixed League Convenor with a copy to HKNA. On a League night, you can also contact any HKNA Representative at the venue.

Happy netballing!

HKNA Executive Council

Hong Kong Netball Association

HKNA Executive Council Members

Name	Position	Club
Executive Council		
Krystal 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
Priscilla Lin	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 Convenor	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	
Valerian Kwok	Sports Organiser Helper	

HKNA Office: Room 1016, Olympic House Tel: 2504 8208 2504 8207
 1 Stadium Path, So Kon Po Fax: 2577 5694
 Causeway Bay, Hong Kong Email: hkna@hkolympic.org

CLUB CONVENORS CONTACTS 2023

Team	Convenors
Alectrona	Sophie Li
As ONE	Chan Pui Yi Belle
Asahi Warriors	Emily Colling
BackpAin!	Hay Man, Daisy
Ballsy Elite	Shirley Yuen
BIG TONG's	Wong Yee Lo
Bobcats mix	Lui Cheuk Sze
da BINO	Polly Yu
DB Demons	Sam Lewis
DB Devils	Sam Lewis
Every Hole Is A Goal	Thomas Corbin
Flexor	Yip Chui Man
Free flow	Boris J.T. Lai
Game of Throws	Jessica Fox
Giants	Li Pui Yan Joyce
HKCC Dragons	Anna Cooke
Hot Property	Catherine Frampton Hobbs
Kings & Queens	Hannah Barrow
Meowday	Lam Chi Kwan Olivia
Net Zero Goals	Sandy Morris
Netspresso Martinis	Mimi Sau Wai Kwok
NGG	Lucy Chan
Professional Ball Handlers	Nathan Beaumont
TaiO Cow	Wong Ho Ching
The Tastys	Catherine Mckay
The Rizziers	Cheung, Ling Hin
Timeout	Lee Yan Yu
Umbreon	Chow Suet Lai
Yay	Li Wa Yan

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

Mixed League Teams & Captains 2023

Team	Captains
Alectrona	Iris Chan
As ONE	Chan Chak Yung Cyber
Asahi Warriors	Emily Colling
BackpAin!	Li Yeuk Lam
Ballsy Elite	Thandiwe Moyo
BIG TONG's	Cheng Hoi Kin
Bobcats mix	Lui Cheuk Sze
da BINO	Polly Yu
DB Demons	Alex Von Etzdorf
DB Devils	Tracey Chitty
Every Hole Is A Goal	Hollie Collins
Flexor	Heung Sau Yin
Free flow	Travis Tin Lai Wong
Game of Throws	Jessica Fox
Giants	Chan Wing Po
HKCC Dragons	Harriet Whiteman
Hot Property	Hugh Hsu
Kings & Queens	Casey Kwong
Meowday	Lam Chi Kwan Olivia
Net Zero Goals	Sandy Morris
Netspresso Martinis	Ru Lau
NGG	Kate Kwok
Professional Ball Handlers	Nathan Beaumont
TaiO Cow	Lee Pui Yu
The Tastys	Elizabeth Ruth Maurice
The Rizzlers	Cheung, Ling Hin
Timeout	Lee Yan Yu
Umbreon	Lam Ching Yeung
Yay	Li Wa Yan

CAPTAIN'S DUTIES

The captain should amongst other things:

- Read HKNA Handbook and By-Laws and be familiar with the rules of World Netball.
- 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 – Wong Chuk Hang Recreation Ground

- Retrieve the HKNA Kit Bag, 1 folding table from the storeroom located directly opposite to the toilets (across the basketball/volleyball courts) [Annex 1]
- 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 just behind the changing rooms (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@netball.org.hk).**
- 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 League Convenor the same day to hkna@netball.org.hk**
- 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.

FA HUI PARK & WONG CHUK HANG RECREATION GROUND

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 Rule 13 provide further information on disciplinary action for unsporting behaviour. <https://netball.sport/game/the-rules-of-netball>



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 7.00pm, 7.30pm, 8.00pm, 8.30pm, 9.00pm and 9.30pm for the first two round robin weeks. Games will start and finish on the umpires' whistles and consist of:

- 2 x 12 minute quarters
- 2 minute quarter
- 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

D Badge or higher, or the person has attended an approved umpires' course and has permission from the Umpires' Convenor 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 \$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 requires 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, please contact HKNA via +852 9539 1288

Venue Address

Wong Chuk Hang Recreation Ground

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



WONG CHUK HANG RECREATION GROUND

Ocean Park Road

Astro Pitch

FOOTBALL
PITCH

Court 6

Court 8

Entrance
(Bus Stop)

Court 5

Court 7

FOOTBALL
PITCH

SEATING

Desk Duty

SEATING

Basket
ball
Court

Court 2

Court 4

Goal
posts
storage

Toilets

Court 1

Court 3

HEUNG YIP RD

Entrance

YIP FAT RD

WONG CHUK HANG RECREATION GROUND POST STORAGE



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. Also please make sure the wheels / posts are clear of the gate area to make sure the gate could function properly (where the arrow is)