



**Netball Hong Kong, China Limited**

**LEAGUE HANDBOOK  
2023/2024**



**Subvented by  
Leisure and Cultural Services  
Department**

# Netball Hong Kong, China Limited

## Season 2023 / 2024

	<b>Div 1 Teams</b>
1	Hantang Phoenix
2	HKCC Demons
3	HKCC Devils
4	HKCC Storm
5	HKFC Club
6	HKFC Monsoons
7	Simba
8	Sonics
9	Valley Panthers

	<b>Div 2 Teams</b>
1	DB Black Pearls
2	Giants
3	Hantang Chilin
4	HKCC Dragon
5	HKFC Hurricanes
6	HKFC Whirlies
7	Kowloon Crystals
8	Valley Cubs
9	Valley Tigers

	<b>Div 3 Teams</b>
1	DGS Alumni
2	HKCC Scorpions
3	HKFC Tornadoes
4	Netball Ninjas
5	Shimmer
6	Sparta
7	Valley Leopards
8	Valley Pumas

	<b>Div 4 Teams</b>
1	DB Buccaneers
2	HKCC Serpents
3	HKS Thistles
4	HKU Kings
5	Mighty Eagles
6	Popcorn
7	The Prime
8	Valley Jaguars
9	Valley Wildcats

	<b>Div 5 Teams</b>
1	DB Swashbucklers
2	HKCC Sirens
3	HKFC Cyclones
4	HKS Whiskies
5	Kowloon Rubies
6	Spark
7	Valley Lions
8	Weewunwun
9	WWB

	<b>Div 6 Teams</b>
1	CB Pandas
2	CB Pink Dolphins
3	DB Jolly Rogers
4	HKS Highlanders
5	HKS Unicorns
6	Kowloon Amethysts
7	Kowloon Jaspers
8	Valley Lynx

## **Ladies League Dates 23/24**

- September 25<sup>th</sup>
- October 9<sup>th</sup>, 16<sup>th</sup>, 30<sup>th</sup>
- November 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>
- December 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>
- January 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>
- February 5<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>
- March 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>
- April 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>

## **HK Holidays 23/24**

- Mid-Autumn Festival – 29<sup>th</sup> – 30<sup>th</sup> September 2023
- National Day of the People's Republic of China – 1<sup>st</sup> – 2<sup>nd</sup> October 2023
- Chung Yeung Festival – 23<sup>rd</sup> October 2023
- Christmas Day – 25<sup>th</sup> – 26<sup>th</sup> December 2023
- New Year's Day – 1<sup>st</sup> January 2024
- Chinese New Year – 10<sup>th</sup> – 13<sup>th</sup> February 2024
- Easter Holiday – 1<sup>st</sup> April 2024

# League Handbook

Welcome to the Netball Hong Kong, China Limited (NHKC) League Season 2023/2024. 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, Wong Chuk Hang Sports Centre and Aberdeen Outdoor Courts (Wong Chuk Hang Road Recreation Ground).

This Handbook contains:

- contact information for teams, convenors and the NHKC 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](mailto:leagueconvenor@netball.org.hk)) with a copy to NHKC ([nhkc@netball.org.hk](mailto:nhkc@netball.org.hk)). On a League night, you can also contact any NHKC Representative at your venue.

Happy netballing!

NHKC Executive Council

# Netball Hong Kong, China Limited

## NHKC Executive Council Members

Name	Position	Club
<b>Executive Council</b>		
Connie Wong	President	Life Member
Polly Yu	Vice President 1 (Elite and Coaching)	DGS Alumni
Karin Loomam	Vice President 2 (League)	
Lisa Martin	Vice President 3 (Policy & Compliance)	Sonics
Christina Yue	Secretary (Grassroots Programme)	Independent
Cheng Lai Fun	Treasurer	Independent
<b>Other Council Members</b>		
Ursula Holloway	League Convener	Independent
Belle Chan	Mixed League Convener	Shimmer
Marie Farry	Grassroots Programme	HKFC
Rachel Bryant	Special Events - Social	Valley RFC
Pritty Pampapathi	Special Events - Social	Valley RFC
Shirley Yuen	Junior League Convener	Independent
Melanie Potgieter	Umpiring	Life Member
Boris Lai	Men's Netball Representative	/
Catherine Barter	TBC	HKS
Paula Kay	TBC	HKCC
<b>Paid Employees</b>		
Eva Lam	CEO	
Nicholas Ian Carter	COO	
Grahame Patrick Johnston	Head Coach	
Fanny Ho	Administrative Assistant	
Rowena Lee	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**  
 Email: [nhkc@netball.org.hk](mailto:nhkc@netball.org.hk)  
 Web: [www.netball.org.hk](http://www.netball.org.hk)  
 fb: <https://www.facebook.com/hknetball>  
 ig: hknetball

## Club Convenors 2023-24

Club	Convenor
Charlie Bear	Chan, Rebecca
	Stringer, Sharon
DB Pirates	Lewis, Sam
DGS Alumni	Yu, Anna
Giants	Chung, Nga Ting Iding
Hantang	Lee, Yan Yu Joyce
HKCC	Bishop, Dawn
	Stewart, Leith
HKFC	Baldwin, Claire
HKS	Barter, Catherine
HKU	Chan, Trisha
Kowloon	Chan, Iris
Mighty Eagles	In, Julia
Netball Ninjas	Chia, Clareta
Popcorn	Hui, Gigi
Shimmer	Chan, Pui Yi Belle
Simba	Yang, Carla
Sonics	Peace, Jen
Spark	Yeung, Brenda
Sparta	Lee, Ka Hei
The Prime	Shi, Carrie
Valley	Bryant, Rachel
Wewunwun	Yeung, Tsz Wai
WWB	Kelly, Elise

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

## Club Umpiring Convenors 2023-24

Club	Convenor
Charlie Bear	Chan, Rebecca
DB Pirates	Li, Francis
DGS Alumni	Yu, Polly
Giants	Chung, Nga Ting Iding
Hantang	Wong, Wui Yee
HKCC	Howell, Kelly
HKFC	Hui, Cici
HKU	Narwani, Simran Ashok
Kowloon	Chan, Iris
Mighty Eagles	Azim-Szlinsky, Shammin
Netball Ninjas	Chia, Clareta
Popcorn	Tsang, Cherry
Shimmer	Chan, Pui Yi Belle
Simba	Fung, Hoi Ching (Jasmine)
Sonics	Gregory, Emma
Spark	Ng, Zoe
Sparta	Lee, Ka Hei
The Prime	Shi, Carrie
Valley	Tang, Kwan Yee
Wewunwun	Chan, King Ling
WWB	Kelly, Elise

### NHKC Umpiring Contacts:

Mel Potgieter      [hkna.umpiredev@gmail.com](mailto:hkna.umpiredev@gmail.com)

Khan Murray      [umpireadmin.hkna@netball.org.hk](mailto:umpireadmin.hkna@netball.org.hk)



## NHKC League Teams & Captains 2023 – 2024

<b>Division 1</b>	
<b>Team</b>	<b>Captain</b>
Hantang Phoenix	Chan Ka Yan Angela
HKCC Demons	Lo, Ann
HKCC Devils	Baxter, Donna
HKCC Storm	Cann, Jocelyn
HKFC Club	
HKFC Monsoons	
Simba	Fung, Hoi Ching (Jasmine)
Sonics	Wiese, Elderi
Valley Panthers	

<b>Division 2</b>	
<b>Team</b>	<b>Captain</b>
DB Black Pearls	Hunt, Rachel
Giants	Chan Wing Po (Bobo)
Hantang Chilin	Lee Yan Yu Joyce
HKCC Dragon	
HKFC Hurricanes	
HKFC Whirlies	
Kowloon Crystals	Pearce, Lily
Valley Cubs	
Valley Tigers	

<b>Division 3</b>	
<b>Team</b>	<b>Captain</b>
DGS Alumni	Chan, Cyber
HKCC Scorpions	O'Loan, Keren
HKFC Tornadoes	
Netball Ninjas	Kwok, Wendy
Shimmer	Tang, Koala
Sparta	Lee, Yuet Shan
Valley Leopards	
Valley Pumas	
<b>Division 4</b>	
<b>Team</b>	<b>Captain</b>
DB Buccaneers	Horne, Julia

HKCC Serpents	Scoular, Gayle
HKS Thistles	Rana, Samriddhi
	Lim, Zoe
HKU Kings	Chan, Trisha
Mighty Eagles	Azim-Szlinsky, Shammin
	In, Julia
Popcorn	Patricia Wong
	Chong, Macy
The Prime	Chan, Christabelle
Valley Jaguars	
Valley Wildcats	

<b>Division 5</b>	
<b>Team</b>	<b>Captain</b>
DB Swashbucklers	Lam, Eva
HKCC Sirens	Gilbert, Jess
HKFC Cyclones	Farry, Marie
HKS Whiskies	Hill, Emily
Kowloon Rubies	
Spark	Wong, Joey
Valley Lions	
Weewunwun	Chan, King Ling
WWB	Kelly, Elise

<b>Division 6</b>	
<b>Team</b>	<b>Captain</b>
CB Pandas	Dear, Pauline
CB Pink Dolphins	Sharon Stringer
DB Jolly Rogers	
HKS Highlanders	Barter, Catherine
HKS Unicorns	Hill, Ceri
Kowloon Amethysts	Maurice, Elizabeth
Kowloon Jaspers	
Valley Lynx	

## **CAPTAIN'S DUTIES**

The captain should amongst other things:

- Read NHKC 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 2023-24 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 NHKC.
- 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 NHKC 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 NHKC 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 NHKC 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 NHKC 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 WONG CHUK HANG SPORTS CENTRE

- 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 NHKC Kit Bag in hall.
- At Wong Chuk Hang Sports Centre, please retrieve NHKC 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 NHKC First Aid Kit available to players. **If the First Aid Kit is lacking in anything, please inform NHKC Office (email: nhkc@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 NHKC 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 nhkc@netball.org.hk**
- Pass onto NHKC 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 NHKC 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 NHKC 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.

NHKC 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 NHKC 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, 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 World Netball 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. NHKC accepts no responsibility for these players.

### **UMPIRE PAYMENT GUIDELINES**

If a team wishes to pay an umpire to umpire on their behalf, the NHKC 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 NHKC 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.

NHKC cannot be responsible for finding umpires for teams.

### **ISSUES/ PROBLEMS ON LEAGUE NIGHTS**

Issues should be raised immediately with the NHKC representative at the venue. If there is no NHKC 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

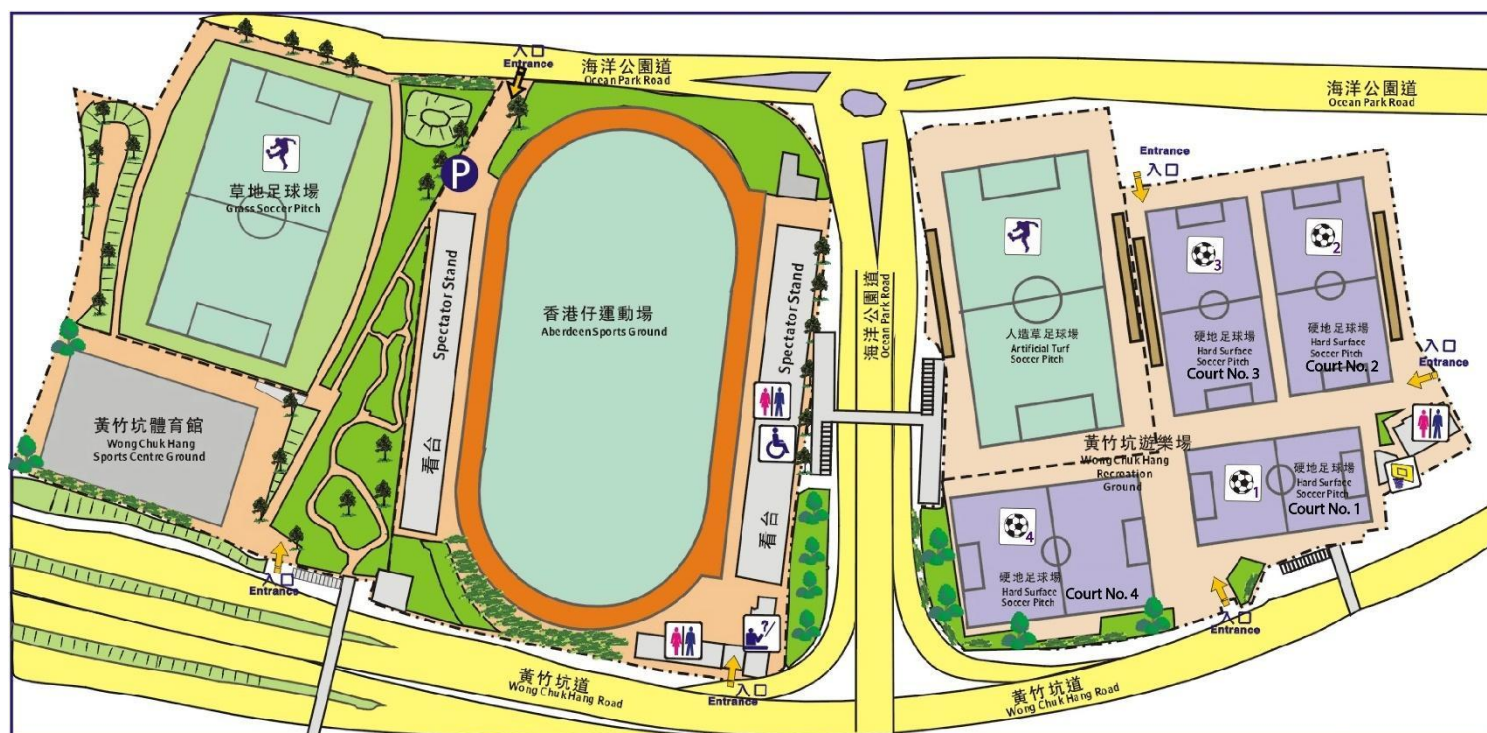
Wong Chuk Hang Recreation Ground

108 Wong Chuk Hang Rd, Aberdeen

香港仔黃竹坑道168號

Wong Chuk Hang Sports Centre

168 Wong Chuk Hang Rd, Aberdeen



花墟公園

九龍界限街101號

Fa Hui Park

101 Boundary Street, Kowloon

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



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







大連中分行  
Central Government Offices West Wing  
政府會署西座  
Albert Rd  
Central Government Offices Main Wing  
政府會署中座  
St. John's Cathedral  
聖約翰主教座堂  
Hong Kong's oldest Western church  
The Peak Tram  
山頂纜車  
Hong Kong Park Sports Centre  
香港體育館  
St. Joseph's College  
聖若瑟書院  
Peak Tram Kennedy Road Station

Chater Garden  
遮打花園  
Urban park with trees & a fountain  
Cheung Kong Centre  
長江集團中心  
No.1  
Three Garden Road, Central  
花園道三號  
Central Fire Station  
中區消防局  
Hong Kong Park  
香港公園  
Gardens with an aviary & a playground  
Hong Kong Visual Arts Centre  
香港視覺藝術中心  
Local art exhibitions & studio space

Queen's Road Central  
Garden Rd  
Bank of China Tower  
Booking.com - Hotels Nearby  
Flagstaff House  
Museum of Tea Ware  
茶具文物館  
Antique teaware in a historic building  
The K. S. Lo Gallery  
羅桂祥茶藝館  
Hong Kong Park Conservatory  
香港公園溫室  
Kennedy Rd  
Robert Block  
羅拔時樓

EP&T Global Limited  
EP&T Global  
Far East Finance Centre  
遠東金融中心  
Admiralty Station  
Lippo Centre Tower  
力寶中心一座  
Queensway Plaza  
金鐘廊  
High Court  
香港高等法院  
Queensway Government Offices  
金鐘道政府會署  
Pacific Place  
太古廣場  
Shopping mall  
Conrad

Chater Garden  
遮打花園  
Urban park with trees & a fountain  
Cheung Kong Centre  
長江集團中心  
No.1  
Three Garden Road, Central  
花園道三號  
Central Fire Station  
中區消防局  
Hong Kong Park  
香港公園  
Gardens with an aviary & a playground  
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Local art exhibitions & studio space

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Queensway Government Offices  
金鐘道政府會署  
Pacific Place  
太古廣場  
Shopping mall  
Conrad

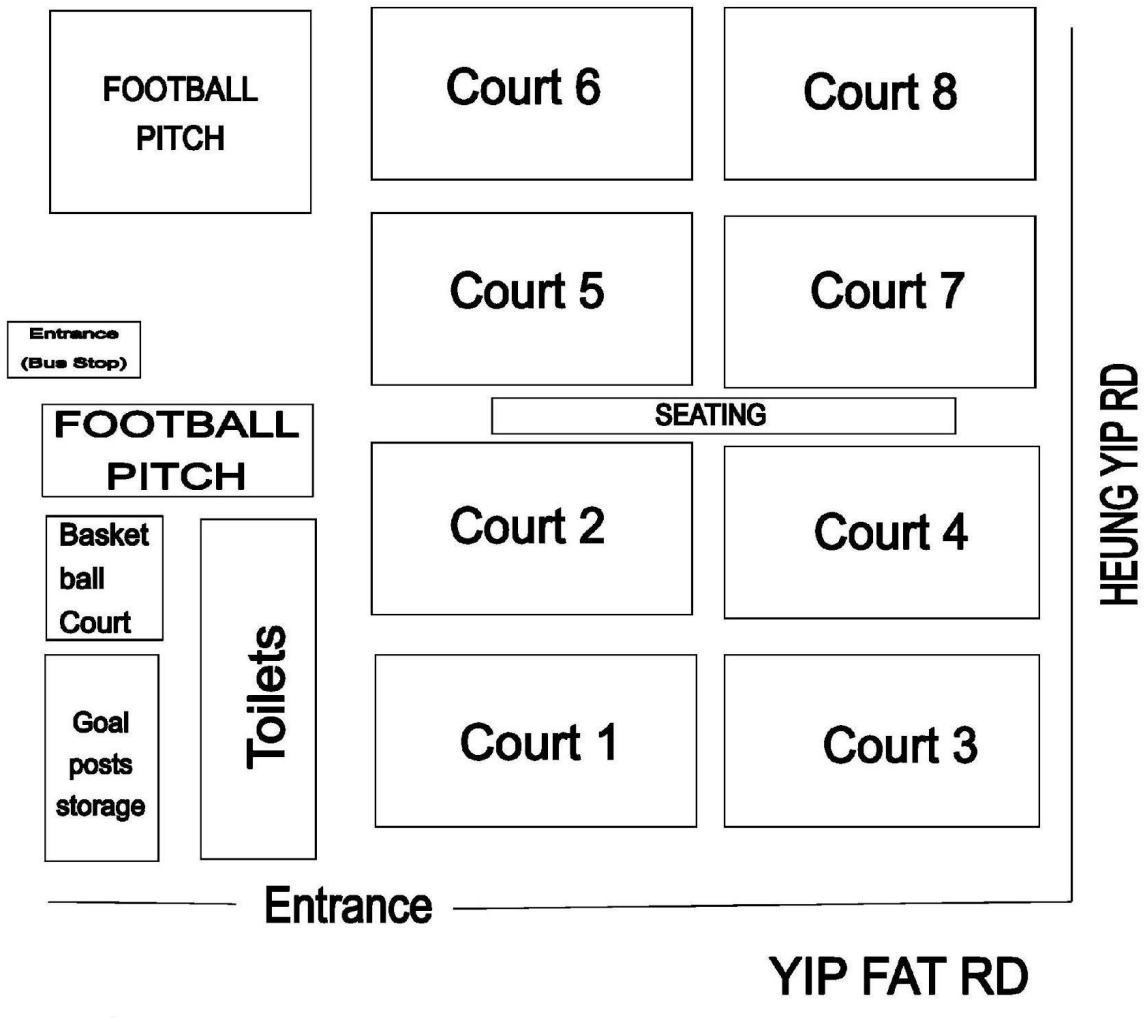
EP&T Global Limited  
EP&T Global  
Far East Finance Centre  
遠東金融中心  
Admiralty Station  
Lippo Centre Tower  
力寶中心一座  
Queensway Plaza  
金鐘廊  
High Court  
香港高等法院  
Queensway Government Offices  
金鐘道政府會署  
Pacific Place  
太古廣場  
Shopping mall  
Conrad

EP&T Global Limited  
EP&T Global  
Far East Finance Centre  
遠東金融中心  
Admiralty Station  
Lippo Centre Tower  
力寶中心一座  
Queensway Plaza  
金鐘廊  
High Court  
香港高等法院  
Queensway Government Offices  
金鐘道政府會署  
Pacific Place  
太古廣場  
Shopping mall  
Conrad

WONG CHUK HANG RECREATION GROUND

Ocean Park Road

Astro Pitch



# FA HUI PARK

## - Map for Courts -

**Tat Chee Ave**

**RAILWAY**

7

8

5

6

3

4

1

2

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

Food  
Kiosk

Toilets

Duty  
Room

Basketball courts

Ball Bag  
& Table  
Storage