



Netball Hong Kong, China
MIXED LEAGUE
HANDBOOK
2024



**Subvented by Leisure and Cultural Services
Department**

Hong Kong Netball Mixed League 2024

Season League Dates

Date	Round
22 th April 2024 Mon	1st Round Robin Week 1 Fa Hui Park 7-10pm
29 th April 2024 Mon	2nd Round Robin Week 2 Wong Chuk Hang Recreation Ground 7-10pm
6 th May 2024 Mon	3rd Round Robin Week 3 Wong Chuk Hang Recreation Ground 7-10pm
13 th May 2024 Mon	1st Division Round Week 4 Wong Chuk Hang Recreation Ground 7-10pm
20 th May 2024 Mon	2nd Division Round Week 5 Wong Chuk Hang Recreation Ground 7-10pm
27 th May 2024 Mon	3rd Division Round Week 6 Wong Chuk Hang Recreation Ground 7-10pm
3 rd June 2024 Mon	Semi Finals Wong Chuk Hang Recreation Ground 7-10pm
17 th June 2024 Mon	Finals Wong Chuk Hang Recreation Ground 7-10pm
24 th June 2024 Mon	Reserved for wet weather for Finals Wong Chuk Hang Recreation Ground

Netball Hong Kong, China

Season 2024

League Handbook

Welcome to the Netball Hong Kong, China (NHKC) Mixed League Season 2024. The Executive Council wishes all players, umpires, coaches and supporters an enjoyable and rewarding season.

This year we will be using two venues for all games: Fa Hui Park and Wong Chuk Hang Recreation Ground (Aberdeen Outdoors).

This Handbook contains:

- contact information for teams, conveners and the NHKC Executive Council;
- information about umpiring requirements, captain's responsibilities and desk duty;
- directions for the venues.

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 – Belle Chan (mixedleagueconvenor@netball.org.hk) with a copy to NHKC(nhkc@netball.org.hk). On a League night, you can also contact any NHKC Representative at the venue.

Happy netballing!

NHKC Executive Council

Netball Hong Kong, China

NHKC Executive Council Members

Name	Position	Club
Executive Council		
Connie Wong	President	Life Member
Polly Yu	Vice President 1 (Elite and Coaching)	DGS Alumni
Karin Loram	Vice President 2 (League)	
Lisa Martin	Vice President 3 (Policy & Compliance)	Sonics
Christina Yue	Secretary (Grassroots Programme)	Independent
Cheng Lai Fun	Treasurer	Independent
Other Council Members		
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 Convenor	Independent
Melanie Potgieter	Umpiring	Life Member
Boris Lai	Men's Netball Representative	
Catherine Barter	TBC	HKS
Paula Kay	TBC	HKCC
Paid Employees		
Eva Lam	CEO	
Grahame Johnston	Head Coach	
Fanny Ho	Administrative Assistant	
Rowena Lee	Administrative Assistant	

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

CLUB CONVENORS CONTACTS 2024

Team	Convenors
Asahi Warriors	Emily Colling
As One	Chan Chak Yung Cyber
da BINO	Polly Yu
Net-Yield	Edith Kwok
Sparkle	Hui Fong Wing
Emily and her friends	Cathy Chan
Any Hole is a Goal	Thomas Corbin
Ball Fondlers	Alysha Tarr
HK Scottish	Anna Bryceland
See You	Sammi Cheung
TaiO Cow	Wong Ho Ching
Alectrona	Lin Chui Yan
Flexor	Yip Chui Man
Giants	Iding Chung
HKU Aioli	Wong Yi Tou Sheldon
NGG	Lucy Chan
Timeout	Lee Yan Yu
The Tastys	Catherine Mckay
Ballsy Elite	Shirley Yuen
Big Tong's	Wong Yee Lo
Dragons	Brianna Nation
Net-orious!	Pritty Pampapathi
Game of Throws	Georgina Saunders
Tangfastic	Georgie Reading
LOONG 12	Chow Suet Lai
Professional Ball Handlers	Nathan Beaumont
Bibs of Fire	Elise Kelly
DB Devils	Frances Fong
Asahi Warriors	Emily Colling

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

Mixed League Teams & Captains 2024

Team	Captains
Asahi Warriors	Emily Colling
As One	Siu Chi Chiu Samuel
da BINO	Polly Yu
Net-Yield	Marian Dzhenkov
Sparkle	Li Yeuk Lam
Emily and her friends	Emily Lau
Any Hole is a Goal	Hollie Collins
Ball Fondlers	Charlotte Hodgson
HK Scottish	Ruairi Campbell
See You	Robin Chau
TaiO Cow	Yeung Sui Hin
Alectrona	Sophie Li
Flexor	Heung Sau Yin
Giants	Bobo Chan
HKU Aioli	Wong Yi Tou Sheldon
NGG	Kate Kwok
Timeout	Chau Yin Hei Kevin
The Tastys	Elizabeth Ruth Maurice
Ballsy Elite	Courtney Smallwood
Big Tong's	Lee Ho Kwong
Dragons	Brianna Nation
Net-orious!	Sara Beesley
Game of Throws	Jessica Rose Fox
Tangfastic	Georgie Reading
LOONG 12	Chow Suet Lai
Professional Ball Handlers	Nathan Beaumont
Bibs of Fire	Elise Kelly
DB Devils	Frances Fong
Asahi Warriors	Emily Colling

CAPTAIN'S DUTIES

The captain should amongst other things:

- Read NHKC 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 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

- 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 NHKC 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 just behind the changing rooms (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

- 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.

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 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 photo/scan image of results form and email to NHKC Mixed League Convenor the same day to nhkc@netball.org.hk and mixedleagueconvenor@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 the next day.**
- Log any issues arising with NHKC 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 and players are reminded that they should conduct themselves consistently within 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 will be sanctioned in accordance with these By-Laws and the World Netball Rules and Regulations.

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. Rule 18 of the World Netball Rules and Regulations provides further information on disciplinary action for unsporting behaviour.

https://netball.sport/wp-content/uploads/2023/12/10214_WN_NETBALL-RULE-BOOK-MANUAL-2023-v13-RGB-HR.pdf

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).

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

Round Robin Weeks

All games will be timed by a central clock and will start strictly on the hour at 7.00pm, 7.40pm, 8.30pm and 9.10pm. Games will start and finish on the umpires' whistles and consist of:

- 2 x 12 minute quarters
- 3 minute quarter break

Umpires may stop the game for injury time in accordance with the Rule Book. Injury time will not be added to the game.

Division Round Weeks

All games will be timed by a central clock and will start strictly on the hour at 7.15pm and 8.30pm. 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 minutes half time break

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 8)

LEAGUE UMPIRING REQUIREMENTS

Only qualified umpires are allowed to umpire in the league, a list of those umpires will be circulated to all convenors at the beginning of each season after all the teams have registered their players. In general, these will be people who have completed the NHKC run umpires courses and have passed the theory paper test. If anyone is in doubt, please contact the Mixed League Convenor for clarification.

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 the following rates of payment per game: HK\$150 for a half hour robin game and HK\$300 for a one hour division 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 requires all teams to name grade-qualified umpires.

TEAMS LOOKING FOR UMPIRES TO FULFILL THEIR DUTIES

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, please contact NHKC 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

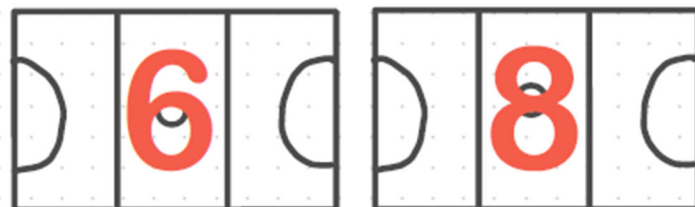
108 Wong Chuk Hang Rd, Aberdeen



Wong Chuk Hang Recreation Ground



Entrance/Exit
to Wong Chuk
Hang Road
and bus stop



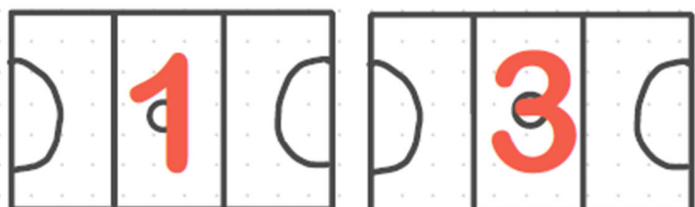
Desk



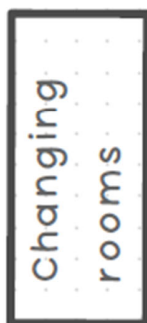
Bench



You are here



storage



changing
rooms



Entrance/Exit to Yip Fat Street and Wong
Chuk Hang MTR Station / One Island South

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)

Fa Hui Park

花墟公園

九龍界限街 101 號

101 Boundary St, Kowloon Tong



Kiosk

Desk



You are here



Staircase to
Tat Chi Road

Fa Hui
Park



Basketball/Volleyball courts
Entrance/Exit to Boundary Street



Storage

Railway