



**Netball Hong Kong, China**

**MIXED LEAGUE  
HANDBOOK  
2025**



**Subvented by Leisure and Cultural Services  
Department**

# Hong Kong Netball Mixed League 2025

## Season League Dates

Date	Venue
14 <sup>th</sup> April 2025 Mon	Fa Hui Park 7-10pm
28 <sup>th</sup> April 2025 Mon	Wong Chuk Hang Recreation Ground 7-10pm
12 <sup>th</sup> May 2025 Mon	Wong Chuk Hang Recreation Ground 7-10pm
19 <sup>th</sup> May 2025 Mon	Wong Chuk Hang Recreation Ground 7-10pm
26 <sup>th</sup> May 2025 Mon	Wong Chuk Hang Recreation Ground 7-10pm
2 <sup>nd</sup> June 2025 Mon	Wong Chuk Hang Recreation Ground 7-10pm
9 <sup>th</sup> June 2025 Mon	Wong Chuk Hang Recreation Ground 7-10pm
16 <sup>h</sup> June 2025 Mon	Wong Chuk Hang Recreation Ground 7-10pm
23 <sup>rd</sup> June 2025 Mon	Wong Chuk Hang Recreation Ground 7-10pm
30 <sup>th</sup> June 2025 Mon	Wong Chuk Hang Recreation Ground 7-10pm

This league will comprise round-robin games, division games, semi-finals and finals.

# **Netball Hong Kong, China**

## **Season 2025**

### **League Handbook**

Welcome to the Netball Hong Kong, China (NHKC) Mixed League Season 2025. 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.

The By-Laws can be found at: **LINK**

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](mailto:mixedleagueconvenor@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 the venue.

Happy netballing!

NHKC Executive Council

# Netball Hong Kong, China

## 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 Looram	Vice President 2 (League)	HKFC
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
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
Khan Murray	Officiating	
Boris Lai	Men's Netball Representative	Hantang
<b>Paid Employees</b>		
Eva Lam	CEO	
Grahame Johnston	Head Coach	
Fanny Ho	Administrative Assistant	
Rowena Lee	Administrative Assistant	

**NHKC Office:** Room 1042, 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](mailto:nhkc@netball.org.hk)

# CLUB CONVENORS CONTACTS 2025

Team	Convenors
Alectrona	Sophie Zoe Li
Any Hole is a Goal	Thomas Corbin
As One	Chan Pui Yi Belle
Asahi Warriors	Emily Colling
Ball Breakers	Tatum Stiles
	Matilda de Kantzow
	Isobel Field
Ball Fondlers	Alysha Tarr
Chill Man	Chow Suet Lai (Shirley)
Chudails	Arminder Kaur
da BINO	Polly Yu
DB Demons	Eva Lam
DB Devils	Shelagh Heath
DB Pirates	Sally Cranston
DeeTwo	Lo Hoi Ching Doreen
Dimsum Dunkers	Ally Lim Yi Teng
Dragons	Lucy White
Emperor Penguins	Rowan Turner
Flexor	Chan Lok Yuen Eden
Giants	Chan Wing Po (Bobo)
Goal Diggers	Andrew Thompson
Hot Property	Charlotte Rumberg
Hot Shots	Alecia Bland
Net It Go	Nicole Teh
Net-Yield	Edith Kwok
Netorious	Frances Teehan
NGG	Lucy Chan
Professional Ball Handlers	Nathan Beaumont
See You Again	Lau Gigi Yin Chi
Sparkle	Hui Fong Wing
Spike Tysons	Ying Chi Shum
TaiO Cow	Wong Ho Ching
The CorNETTOS	Georgina Boost
Timeout	Lee Yan Yu Joyce
Yeah	Wong Yee Lo

**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 2025

Team	Captains
Alectrona	Sophie Zoe Li
Any Hole is a Goal	Hollie Collins
As One	Chan Chak Yung Cyber
Asahi Warriors	Emily Colling
Ball Breakers	Tatum Stiles
	Matilda de Kantzow
	Isobel Field
Ball Fondlers	Lauren Laroche
Chill Man	Chow Suet Lai (Shirley)
Chudails	Muskaan Kalra
da BINO	Kenneth Wong
DB Demons	Libby McGregor
DB Devils	Barbara Murray
DB Pirates	Sally Cranston
DeeTwo	Cheng Hoi Kin
Dimsum Dunkers	Liana Jade Chaplain
Dragons	Lucy White
Emperor Penguins	Rowan Turner
Flexor	Heung Sau Yin
Giants	Kwok Pui Yan, Rowena
Goal Diggers	Maya Thompson
Hot Property	Francesca von Etzdorf
Hot Shots	Jo-Celine Tan
Net It Go	Megan Tsui
Net-Yield	Harrison Moore
Netorious	Pritty Pampapathi
NGG	Kate Kwok
Professional Ball Handlers	Nathan Beaumont
See You Again	Tsang See Jet Issa
Sparkle	Chan King Him
Spike Tysons	Ying Chi Shum
TaiO Cow	Yeung Sui Hin
The CorNETTOS	Sara Beesley
Timeout	Chau Yin Hei Kevin
Yeah	Lee Ho Kwong

## **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, 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 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>

NHKC 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**

### **Round Robin Weeks**

All games will be timed by a central clock. Games will start and finish on the umpires' whistles and consist of:

- 2 x 12 minutes quarters
- 2 minutes 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. Games will start and finish on the umpires' whistles and consist of:

- 4 x 12 minutes quarters
- 2 minutes 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**

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, 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

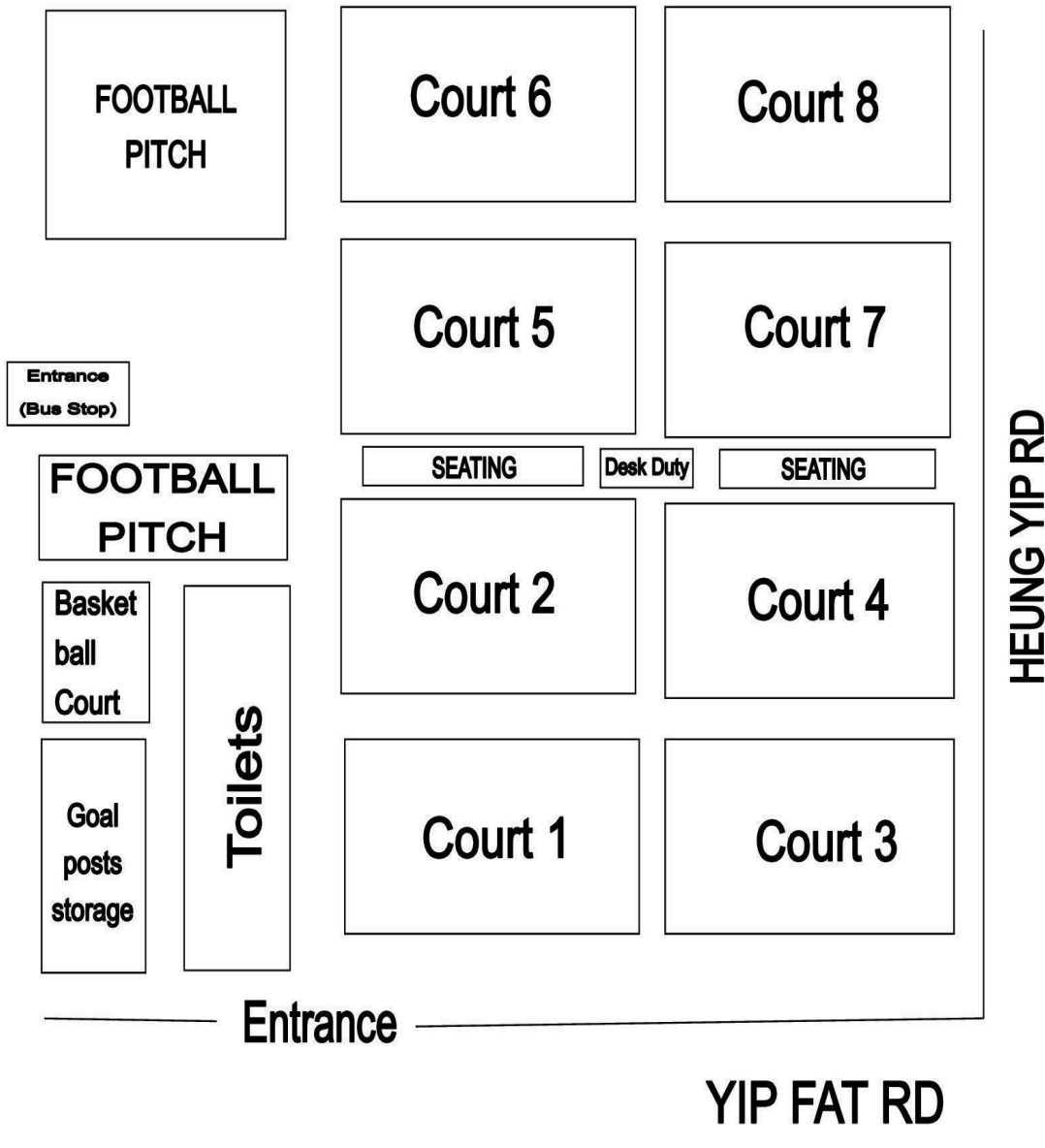
108 Wong Chuk Hang Rd, Aberdeen



WONG CHUK HANG RECREATION GROUND

Ocean Park Road

Astro Pitch



## 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

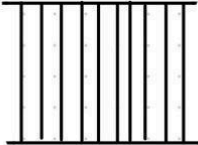
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101 Boundary St, Kowloon Tong





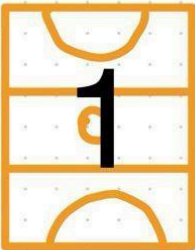
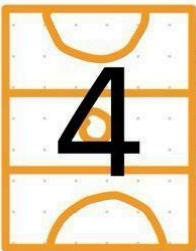
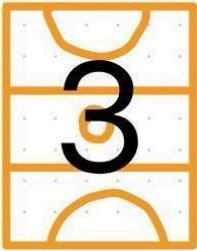
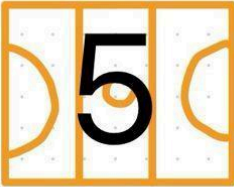
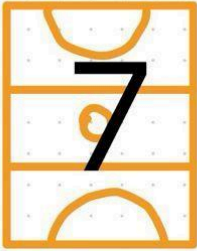
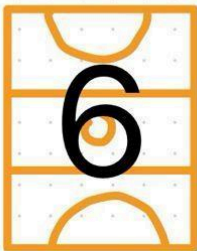
Stairs to Tat Chee Road



Kiosk

changing rooms

park



Basketball court

Basketball court

Volleyball court

Volleyball court

Volleyball court

entrance

entrance

MTR east rail line