

Netball Hong Kong, China Limited
LEAGUE HANDBOOK
2025/2026



Subvented by
Leisure and Cultural Services
Department

Netball Hong Kong, China Limited

Season 2025 / 2026

	Div 1 Teams
1	Hantang Phoenix
2	HKCC Demons
3	HKCC Devils
4	HKFC Club
5	HKFC Monsoons
6	HKFC Typhoons
7	Simba
8	Valley Panthers
9	Valley Tigers

	Div 2 Teams
1	Alectrona
2	DB Black Pearls
3	Giants
4	HKCC Dragons
5	HKCC Storm
6	HKFC Hurricanes
7	HKFC Whirlies
8	Spicy Margaritas
9	Valley Pumas

	Div 3 Teams
1	DB Buccaneers
2	DGS Alumni
3	Hantang Chilin
4	HKCC Scorpions
5	HKCC Serpents
6	HKFC Tornadoes
7	Shimmer
8	Valley Cubs
9	Valley Bobcats

	Div 4 Teams
1	Hantang Pixiu
2	HKCC Sirens
3	HKFC Cyclones
4	HKS Thistles
5	Mighty Eagles
6	The Prime
7	Valley Jags
8	Valley Leopards
9	Weewunwun

	Div 5 Teams
1	DB Black Jacks
2	DB Swashbucklers
3	HKS Whiskies
4	Popcorn
5	Spark
6	Sparta
7	Valley Cats
8	Valley Wildcats
9	WWB

	Div 6 Teams
1	CB Pandas
2	CB Pink Dolphins
3	DB Jolly Rogers
4	HKCC Scyllas
5	HKS Highlanders
6	HKS Unicorns
7	HKU Kings
8	Valley Lions
9	Valley Lynx

Ladies League Dates 25/26

- September 29th
- October 13th, 20th, 27th
- November 3rd, 10th, 17th, 24th
- December 1st, 8th
- January 5th, 12th, 19th, 26th
- February 3rd, 9th, 23rd
- March 2nd, 9th, 16th, 23rd, 28th (Grand Final)

HK Holidays 25/26

- National Day of the People's Republic of China – 1st October 2025
- Day after Mid-Autumn Festival – 7th October 2025
- Chung Yeung Festival – 29th October 2025
- Christmas Day – 25th – 26th December 2025
- New Year's Day – 1st January 2026
- Chinese New Year – 17th – 19th February 2026
- Tomb Sweeping Day – 5th April 2026
- Easter Holiday – 6th – 7th April 2026

League Handbook

Welcome to the Netball Hong Kong, China Limited (NHKC) League Season 2025/2026. 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, Tai Wan Shan Park, Fa Hui Park, 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 familiarize 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) with a copy to NHKC (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
Executive Council		
Connie Wong	President	Life Member
Polly Yu	Vice President 1 (Elite and Coaching)	DGS Alumni
Karin Loram	Vice President 2 (League)	HKFC
Lisa Martin	Vice President 3 (Policy & Compliance)	
Christina Yue	Secretary	Independent
Cheng Lai Fun	Treasurer	Independent
Other Council Members		
Ursula Holloway	League Convener	Independent
Belle Chan	Mixed League Convenor	Shimmer
Rachel Bryant	Netfest Convenor	Valley RFC
Pritty Pampapathi	Netfest	Valley RFC
Shirley Yuen	Junior League Convenor	HKFC
Sophie Li	Umpiring	Independent
Khan Murray	Officiating	Independent
Boris Lai	Men's Netball Representative	Hantang
Crystal Yeung		HKCC
Zanne Pienaar		HKFC
Samantha Murray		DB Pirates
Anna Bryceland		HK Scottish
Paid Employees		
Eva Lam	CEO	
Grahame Patrick Johnston	Head Coach	
Cham Tang	Development Coach	
Fanny Ho	Administrative Assistant	
Rowena Lee	Administrative Assistant	

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 1 Stadium Path, So Kon Po
 Causeway Bay, Hong Kong
 Tel: 2504 8208
 2504 8207
WhatsApp: 9539 1288
 Email: nhkc@netball.org.hk
 Web: www.netball.org.hk
 fb: <https://www.facebook.com/hknetball>
 ig: hknetball

Club Convenors 2025-26

Club	Convenor
Alectrona	Li, Sophie
Charlie Bear	Chan, Rebecca
	Stringer, Sharon
DB Pirates	Lewis, Sam
DGS Alumni	Chan, Cyber
Giants	Chung, Nga Ting Iding
Hantang	Li, Gessy
HKCC	Gilbert, Jessica
HKFC	Gorman, Lauren
HKS	Bryceland, Anna
HKU	Leung, Natalie
Mighty Eagles	In, Julia
Popcorn	Hui, Gigi
Shimmer	Chan, Pui Yi Belle
Simba	Yang, Carla
Spark	Yeung, Brenda
Sparta	Lee, Ka Hei
Spicy Margaritas	Abrahams, Harriet
The Prime	Chan, Yin Yung Christabelle
Valley	Bryant, Rachel
Wewunwun	Yeung, Tsz Wai
WWB	Waugh, Jodi

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

NHKC League Teams & Captains 2025 – 2026

Division 1	
Team	Captain
Hantang Phoenix	Li, Gessy
HKCC Demons	Cheng, Lai Fun
HKCC Devils	Hardy, Poppy
HKFC Club	Pienaar, Zanne Marie
HKFC Monsoons	Baldwin, Claire
HKFC Typhoons	Wheeler, Casey
Simba	Chan, Ghi-Ying Jaimie
Valley Panthers	Bennett-Horak, Elderi
Valley Tigers	Rowse, Eve

Division 2	
Team	Captain
Alectrona	Li, Sophie
	Chan, Iris
DB Black Pearls	Cranston, Sally
Giants	Chan Wing Po (Bobo)
HKCC Dragons	Whiffin, Katie
HKCC Storm	Von Etdorf, Francesca
	Kay, Paula
HKFC Hurricanes	Tan, Jo-Celine
HKFC Whirlies	Ho, Sammy
Spicy Margaritas	Luiyf, Kirralee
Valley Pumas	Reading, Georgie
	Ying, Erica

Division 3	
Team	Captain
DB Buccaneers	McGregor, Libby
DGS Alumni	Chan, Cyber
Hantang Chilin	Ming, Yee Tong
HKCC Scorpions	Emery, Caroline
HKCC Serpents	Key, Abbie
HKFC Tornadoes	Sabnanni, Dani
Shimmer	Tang, Koala
Valley Bobcats	Kuiti, Anna
Valley Cubs	Lorraine German

Division 4	
Team	Captain
Hantang Pixiu	Li, Angie
HKCC Sirens	Good, Sarah
HKFC Cyclones	Farry, Marie
HKS Thistles	Figgis, Clemmie
Mighty Eagles	Azim-Szlinsky, Shammin
	In, Julia
The Prime	Chan, Yin Yung Christabelle
Valley Leopards	Gidumal, Reva
Valley Jags	Relan, Saloni
Weewunwun	Tsang, Sze Man

Division 5	
Team	Captain
DB Black Jacks	Lam, Eva
DB Swashbucklers	Murray, Sam
HKS Whiskies	Houston, Sarah
Popcorn	Wong, Pat
Spark	Wong, Joey
Sparta	Lee, Yuet Shan
Valley Wildcats	Hardy, Sarah
Valley Cats	Lorraine German
WWB	Waugh, Jodi

Division 6	
Team	Captain
CB Pandas	Lam, Daisy Tak Sin
CB Pink Dolphins	Stringer, Sharon
DB Jolly Rogers	Hancock, Sherryn
HKCC Scyllas	Freeman, Norma
HKS Highlanders	Al-Halabi
HKS Unicorns	Hill, Ceri
HKU Kings	Chan, Jessica
Valley Lions	Fryer, Charlotte
Valley Lynx	Nyembe, Zamah

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 2025-26 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.
- Independent Team Captains must take a photo of their completed scoresheet and email it to the [League Convenor](#) within 24 hours of the completion of the match.
- Club team Captains must take a photo of their completed scoresheet and send it to their NHKC representative to collate and email all Club scoresheets to the [League Convenor](#) within 24 hours of the completion of matches.

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.
- Ensure that all balls and netball posts are returned to the store room and that the store rooms are left in a neat and tidy manner.

DESK DUTY – FA HUI PARK RECREATION GROUND and TAI WAN SHAN 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.
- Ensure that all balls and netball posts are returned to the store room and that the store rooms are left in a neat and tidy manner.

DESK DUTY – HONG KONG FOOTBALL CLUB and SUN YAT SEN MEMORIAL PARK 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 Sun Yat Sen Memorial Park Sports Centre, please retrieve NHKC Kit Bag from the storeroom and gain access via the Venue Management if necessary.
- Ensure that all balls and netball posts are returned to the storeroom and that the store rooms are left in a neat and tidy manner.

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 a 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



大環山公園

九龍紅磡環海街

Tai Wan Shan Park

Wan Hoi St, Hung Hom



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

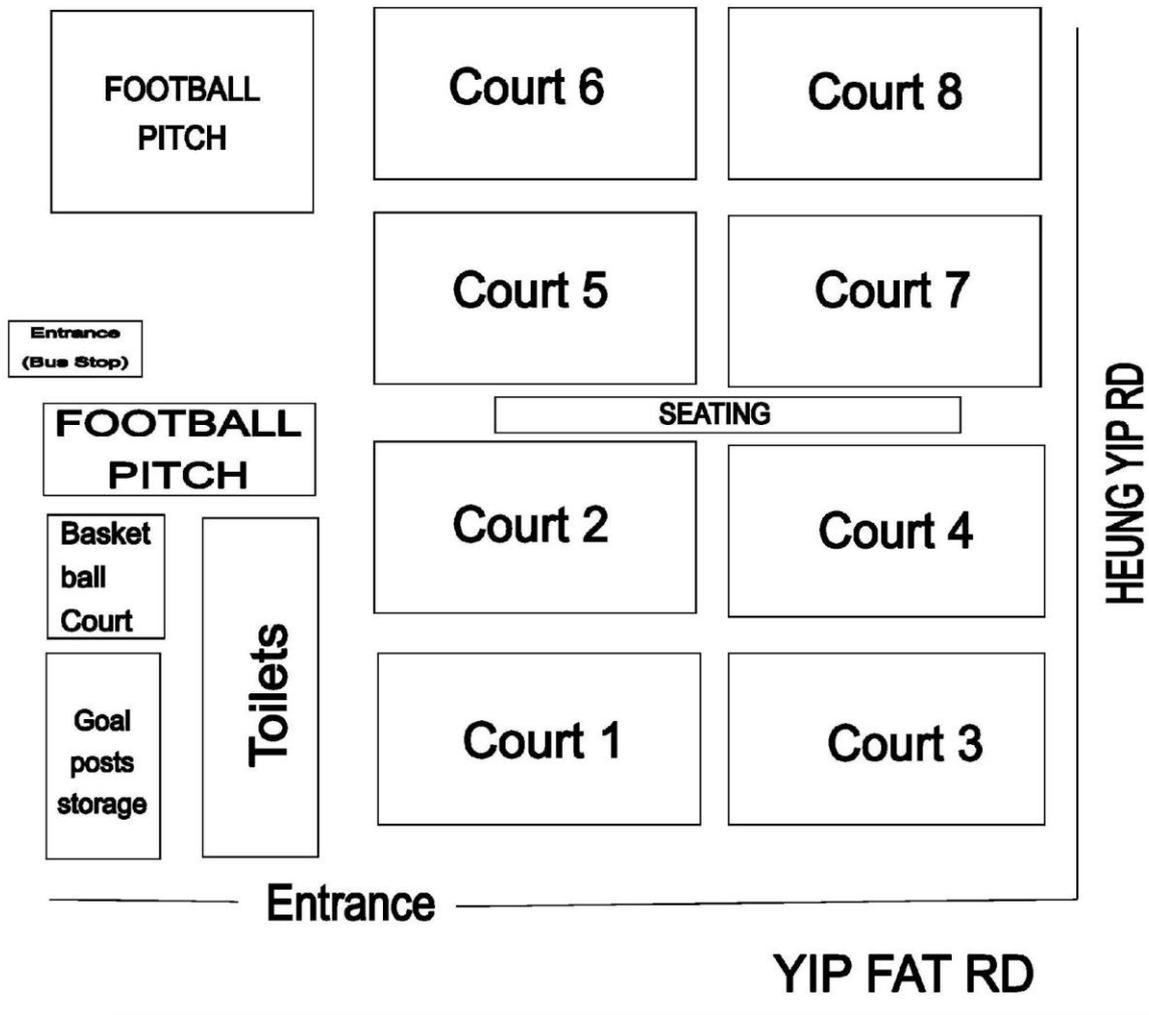
3 Sports Road, Happy Valley, Hong Kong



WONG CHUK HANG RECREATION GROUND

Ocean Park Road

Astro Pitch



FA HUI PARK

- Map for Courts -

Tat Chee Ave

RAILWAY

7

6

5

3

4

1

2

Posts
Storage
(Access from
gate between
court 4 and 5)

Food
Kiosk

Ball Bag
and Table
Storage

BASKETBALL COURTS