



Rules and Regulations: 2023/24 Season

(Adapted from EN Domestic Rules Guidance - to be referred to in conjunction with World Netball Rules)

This guidance is provided for all involved in netball including Players, Coaches, Match/Technical Officials and Team Officials/Volunteers.

Everyone involved in a match has a collective responsibility to apply and adhere to the rules of the game.

1. Team Registration

- 1.1. All documentation to be completed as per the instructions and by the deadlines indicated on the [Team Registration Procedures](#).
- 1.2. It will be deemed that your Club / Team no longer wish to play in the ADNL if they fail to submit documentation by the due date.

2. Membership

- 2.1. Clubs and their Members who are participating in recognised and authorised netball activity eg. players, coaches, match officials, technical officials, club officials/volunteers must be members of the Aylesbury & District Netball League (ADNL), England Netball (EN), Netball South (NS), North Bucks Netball Association (NBNA).
- 2.2. Payment of EN membership must be 'settled' for players/umpires/coaches/volunteers to be authorised as and EN member. Once payment is settled a 'payment success' receipt is generated and emailed.
 - 2.2.1. Online card payments are settled in less than 24 hours.
 - 2.2.2. Direct Debits are settled in 3+ days
 - 2.2.3. If membership is needed in the very immediate future, the online card payment method should be used.
- 2.3. Instructions on how to become a member can be found in the [Membership Document](#), published on www.adnl.org.uk. All documentation to be completed as per the instructions and by the deadlines indicated.
- 2.4. De-registration from ADNL:
 - 2.4.1. The membership secretary should be notified by email when Players or Umpires are no longer playing for the team due to pregnancy, illness, injury or leaving the Team/Club.
 - 2.4.2. If this member is not going to be taking part in any netball-related activity on a match-night, they must be removed from your Team's [ADNL Player and Team Umpire Registration Form](#)
 - 2.4.3. Players, Umpires, Coaches or Match Officials/Volunteers leave the Club, must be removed from the Club's [ADNL Coaches, Club Officials/Volunteer Registration Form](#)

3. Mid-Season Transfers

- 3.1. During the season with the permission of the Committee, players may:
 - 3.1.1. Leave a Club and join another Club in the League.
 - 3.1.2. Transfer between Teams in the same Club.
- 3.2. Player transfers can only take place with the permission of the Committee. The transfer request must be emailed to the [Membership Secretary](#) for the Committee to consider 5 days in advance of the player's first match.
- 3.3. The transfer of a player aged 15 years old will not be permitted if it would cause the Team to exceed the maximum registration of two players aged 15 years old.
- 3.4. Teams are not permitted to request for a player from one of their Buddy Clubs to transfer to their team during the season.
- 3.5. Full instructions on how to complete the process can be found in the [Membership Document](#).

4. Playing Up/Down

- 4.1. The Playing up/down Rules are in place for emergency situations where a fixture would have to be cancelled due to a Team not having enough players to take the court. It should not be used for any other reason.
 - 4.1.1. Multi-team Clubs can use players from other Teams in their Club.
 - 4.1.2. A Standalone Team can be matched with another Standalone Team (Buddy Club) by the [Participation Team](#).
- 4.2. A maximum of 2 players from the other team may be used. (For example, only 2 players playing up or playing up and 1 playing down). There must be at least 5 players registered to that team in the starting line-up.
- 4.3. The Captain is responsible for ensuring that players details have been provided in advance to the [Participation Team](#) using the League's online Match-night Form by 3:00pm on the day of the match.
- 4.4. If a player is playing down, they may only play down by one division i.e. From Prem to Div 1, from Div 1 to Div 2. They may not play down for example from Prem to Div 2.
- 4.5. Pool Player usage when also Playing-up/down Club or Buddy Player(s)
 - 4.5.1. A Team needs to have a minimum of 5 players registered to their team in their starting line-up.
 - 4.5.2. Playing-down a Club or Buddy Player: Team with 5 players can include 1 Pool Player and 1 Club or Buddy Player – 7 players.
 - 4.5.3. Playing-up 1 or 2 Club or Buddy Players: Team with a) 5 players can include 1 Pool Player and 2 Club or Buddy Player Or b) 5 players can include 2 Pool Player and 1 Club or Buddy Player Or c) 6 players can include 1 Pool Player and 1 Club or Buddy Player
- 4.6. Multi-Team Club
 - 4.6.1. Playing up: During each season, a Multi-team Club can have seven play ups per team. A player cannot play up more than TWICE in a season. When Playing up, teams should have a maximum of 8 players listed on their score card.
 - 4.6.2. Playing down: During each season, a Multi-team Club can have two play downs per team. This cannot be the same player on both occasions.
 - 4.6.3. Only one 'DOWN' player can be used at a time in any match. Play downs are only permitted to enable the team to take the court with 7 players, i.e. teams are not allowed to play or have listed on their Match-Night Form more than 7 players.
 - 4.6.4. A player may only play down one Team, i.e. Prem Team one can play down to Prem Team two but not to Div 1 Team three.
- 4.7. Buddy Club
 - 4.7.1. Playing up: During each season a Standalone Team can have seven play ups from a Buddy Club. A player cannot play up more than TWICE for a Buddy Club in a season. When using a play-up, Teams cannot play or have listed more than 8 players on their online match-night form.
 - 4.7.2. Playing down: During each season a Standalone Team can have two play-downs per team. This cannot be the same player on both occasions. Only one 'DOWN' player can be used at a time in any match. Play- downs are only permitted to enable the team to take the court with 7 players, i.e., teams are not allowed to play or have listed on their online match-night form more than 7 players.
 - 4.7.3. Teams are permitted to Buddy-up with a Team in their own division. Finishing positions from the previous season will be used to determine Buddy Team order, i.e. a Team Buddying-up with another Team that finished higher than them in the League, that Team will be considered Team one.
- 4.8. Teams are responsible for maintaining records of players playing up or down. The [Competition Team](#) keeps definitive records – if in doubt check before the evening of the match.

5. Technical Specifications

5.1. Playing Enclosure

- 5.1.1. The playing enclosure consists of the field of play and the court surround.
- 5.1.2. Entry to the playing enclosure during a match is limited to Members, including Technical Officials (scorers and rota duty), Club Officials/Volunteers and the Club's Spectators.
 - 5.1.2.1. Babies and toddlers are not permitted in the playing enclosure.
 - 5.1.2.2. Children under the age of 18 are only permitted in the playing enclosure to spectate if an adult supervises them at all times whilst they are in the venue.

5. Technical Specifications

5.1. Playing Enclosure (continued)

- 5.1.2.3. Players, Umpires and Technical Officials are not permitted to leave their child unaccompanied whilst they are playing/officiating. They cannot be left on the team bench with a reserve player supervising them.
- 5.1.2.4. Team Captains are responsible for ensuring compliance.
- 5.1.2.5. Both the Team and the Member responsible for breaching this Rule will be subject to Disciplinary procedures by the ADNL Committee.

5.2. Court Surround

- 5.2.1. EN recommend that the runoff is ideally 3.05m to the side and back of the court and that the minimum runoff should be 1.5 m to the side of the court and 2 m to the back of the court.
- 5.2.2. In accordance with EN specifications and the requirement of the venues we have undertaken risk assessments and risk mitigation actions have been put in place regarding safe storage of bags & clothing; court/venue condition; equipment around the side of the court; bench location; use of benches, tables & chairs; participants; spectators and supervision of vulnerable people.
- 5.2.3. Risk Mitigation: At all venues, each team may have a maximum of 14 people in the playing enclosure. This equates to 7 Players on court and 7 on the Team Bench, this can consist of Substitute Players, Players from other Teams in the Club, Club Officials/Volunteers or Club Spectators.
- 5.2.4. All Members including Players, Match Officials (umpires), Technical Officials (scorers and rota duty) and Club Officials/Volunteers taking part in netball activity and Club Spectators attending netball activity do so at their own risk.
 - 5.2.4.1. Clubs are required to ensure all participants and spectators are aware of this risk and agree to it before attending.
 - 5.2.4.2. The bench zone is located immediately adjacent to the field of play. This consists of the Team Benches and Technical Official Bench; they must be located where safe and not impeding the Umpires. See diagrams in Team Allocation: Team Benches, Rota Duty and Scoring for correct positioning.
 - 5.2.4.3. Unobstructed access to fire exits must always be maintained. They must be free from people, benches, chairs, tables, kit bags, clothing, equipment and all other personal effects.

5.3. Field of Play

- 5.3.1. The field of play consists of the court and the court surround.
- 5.3.2. During play only on-court players and umpires are permitted in the field of play.
- 5.3.3. Teams playing the 2nd and 3rd matches are not permitted to enter the Field of Play until the umpire's final whistle has been blown.

5.4. Match Ball

- 5.4.1. Each team will bring a suitably inflated, size 5 ball.
- 5.4.2. The Captain of each Team should hand their ball to the umpire when the Team check is being conducted.
- 5.4.3. The umpires will check both balls and determine one for use as the match ball and the other to be used as the reserve. The spare ball must be at the official bench and the umpire may order its use.
 - 5.4.3.1. If both balls are suitable the ball from the 'first named team' on the fixture will be used.
 - 5.4.3.2. The same match ball is used throughout a match unless the umpires instruct that it is replaced.

6. Match Duration

6.3. Match Length

- 6.3.1. A match consists of four quarters, each of 12 minutes playing duration.
 - 6.3.1.1. With an interval of 1 minute between the first-second and third-fourth quarters. The half time interval is 2 minutes.
- 6.3.2. If there are time constraints at the venue the following will apply.
 - 6.3.2.1. Quarters will be 10 minutes. With an interval of 1 minute between each quarter.
- 6.3.3. A period of play must not exceed the specified playing time, except if a team is awarded a penalty pass in its attacking goal circle before the timekeeper signals the end of play. The umpire will blow the whistle to end the period of play and advise the players that time is being extended for the penalty pass to be taken.
- 6.3.4. An interval may be extended by the umpires for an emergency.

7. Match Personnel

7.1. Players

- 7.1.1 Minimum age requirement
 - 7.1.1.1 All newly registered players must be 16 years of age or older.
- 7.1.2 However, this season ADNL will be conducting a trial which will allow Teams to register 2 players who are aged 15 years by 1st September 2023.
- 7.1.3. For Clubs this will be 2 players for each of their Teams. Only two players can be submitted on the match-night team sheet and be on court at the same time - ie. you cannot use a third under 16 player to play up or down, borrow from a buddy team or from the player pool.
- 7.1.4. Players who turn 15 years old after 1st September will not be eligible to register to play in the ADNL until the 2024/25 season.
- 7.1.5. Teams with Talent ID players who will not have turned 15 years old by the 1st September but are aged 14 and on the England Netball Performance Pathway can request an exemption with the support of the player's EN Pathway Coach.
- 7.1.6. The [Talent ID Player Entry Request Form](#) should be completed by the Club Secretary and signed off by the Performance Pathway Coach. The completed Form should be emailed back to the [Participation Team](#) by the Performance Pathway Coach at least 5 days before the team require the player to take the court.
- 7.1.7. New Players
 - 7.1.7.1. New players can take part in the League as either Permanent or Pool Players. Permanent Players will be matched with an appropriate team and play for them throughout the season.
 - 7.1.7.2. The process for requesting players is via the online [Permanent Player Request](#) form. Pool Players are available to play for any suitable teams that need a player for a particular match. This can be on a temporary short-term basis for one team to cover illness/injury (usually 3+ matches) or ah-hoc for any suitable team (up to 2 matches per team).
Process for requesting players is via the online [Pool Player Request form](#). All requests must me made via this process. Teams must not contact players directly. Full details can be found in the [Pool Player Guidelines](#).
- 7.1.8. Registered Playing Kit
 - 7.1.8.1. Players must wear the registered playing kit, which must be a matching kit, i.e. design and colour(s).
 - 7.1.8.2. The team kit can comprise of a dress and/or sko(i)rt and vest/t-shirt; providing the design and colour(s) are the same.
 - 7.1.8.3. Multi-team Clubs should note that when playing up or down they must wear the same kit as the team they are playing for.
 - 7.1.8.4. At their discretion, the Committee may accept a combination of two kits which are slightly different. Teams must seek approval 5 days in advance of their match by email via the [Participation Team](#). The Committee's decision is final.
 - 7.1.8.5. The exception to Rule 7.1.2.1. above is when the Host Club do not have a spare kit for a Buddy Club Player or a Pool Player.
 - 7.1.8.5.1. Buddy Club Players: The player may wear their own Club kit. The host team must ensure that the Buddy Club's kit is not the same as their opponents.
 - 7.1.8.5.2. Pool Players: The Pool Player should wear a netball kit (dress or sko(i)rt & vest/t-shirt). The host team must ensure that the Pool Player's kit is not the same as their opponents.
 - 7.1.8.6. To remove any potential for confusion, teams with players not wearing the full Team Kit must wear over the head bibs.
 - 7.1.8.6.1. All teams are required to have a set of over-the-head bibs.
 - 7.1.8.7. If a Team is unable to comply with Rule 7.1.2.1., for any reason on a match-night, the Team Captain must ask the Committee for permission 5 days in advance of the match by email via the [Participation Team](#).

- 7.1.9. Players may not wear anything that could endanger themselves or other players, specifically:
- 7.1.9.1. **Gloves:** No form of glove should normally be worn when playing Netball. If for medical reasons gloves are required, an appropriate medical certificate/letter should be emailed to the [Participation Team](#) for consideration by the Committee before the player's match. The player should ensure that the gloves worn do not endanger other players' safety. Gloves should be plain, soft leather or micro fibre (e.g. Neoprene) which are manufactured without seams (or with internally sewn seams) and have no abrasive materials including but not limited to zippers, Velcro, metallic or plastic fasteners or rubberized embellishments used to improve grip. Umpires are reminded that they still need to be satisfied that any gloves worn do not present an obvious hazard to other players.
 - 7.1.9.2. **Head Coverings:** A player may wear a hat / head covering. They should ensure that the material used for the head covering is soft and without embellishments or loose fibres, which might constitute a danger to any other player on the court, and with potential flowing/flapping edges held securely around the neck or tucked into the shirt collar. Headbands that meet the requirements as above should be allowed. Peaked, baseball or tennis type caps do not meet the requirements and are not permitted.
 - 7.1.9.3. **Eyewear:** If a player/coach/official has to wear glasses for medical reasons then she/he is fully insured from an EN point of view, but the glasses are not insured. Sunglasses should not normally be worn when participating in netball activities. However, sunglasses may be worn for genuine medical reasons when participating in recognised and authorised EN activities. If sunglasses are required for genuine medical reasons, then an appropriate medical certificate must be emailed to the [Participation Team](#) for consideration by the Committee at least 5 days before the player's match.
 - 7.1.9.4. **Jewellery:** No adornment or jewellery may be worn other than a wedding ring which must be covered with tape.
 - 7.1.9.5. **Dermal piercings:** (that are located below the skin and cannot be easily removed) and flat religious bracelets (which are not to be removed for religious and / or cultural reasons) are to be suitably covered with padding / tape as necessary to prevent injury self and others.
 - 7.1.9.6. **Daith/Tragus Piercing:** Should not be worn when playing Netball. If for medical reasons it is required, the player must get a supporting letter from a doctor and then appeal to the Committee via the [Participation Team](#) at least 5 days before the player's match.
 - 7.1.9.6.1. If granted, the player must always carry with them on a match-night their doctor's supporting letter and a copy of the email approval from the ADNL Committee to provide proof to the Umpire(s) officiating the match.
 - 7.1.9.6.2. The piercing must be suitably covered with padding / tape as necessary to prevent injury to self and others.
 - 7.1.9.6.3. If granted it is suggested that the player wears a headband covering her piercing. Taping is not sufficient, and the headband would offer an additional level of safety to the wearer and other players.
 - 7.1.9.7. **Hair:** Hair should be suitably tied back whilst participating in Netball and any hair accessory that is used should not pose any risk to any individual. A single 'ponytail' is sufficient for all hair types.
 - 7.1.9.8. **Fingernails:** Umpires should check fingernails - they must be short and smooth.
 - 7.1.9.9. **Medical aids:** Players wearing medical aids to protect injury or post surgery and who are prepared to take the risk of playing, may take the court provided the medical aid is covered adequately thus preventing no obvious hazard to other players. Such players are advised to ensure that they have appropriate personal liability insurance coverage. Any medical aid must be approved by a qualified medical practitioner especially when returning to Netball from injury and have an appropriate medical certificate/letter which must be emailed to the [Participation Team](#) for consideration by the Committee at least 5 days before the player's match. The medical aid must be 'flexible' form and not inhibit movement for the individual.
The wearing of ankle braces does not apply to these medical aid guidelines; therefore they can be worn.
 - 7.1.9.10. **Libre sensors** used by diabetic players to monitor blood sugar levels are not required to be covered as they pose no additional risk to the wearer or other players.

7.2. Match-night Register of Participants

The online [ADNL Match night Team Sheet](#) must be submitted as per the instructions and by the deadlines indicated in the [Match Procedures](#). This is the responsibility of the Team Captain.

7.3. Club Officials

7.3.1. Club Safeguarding Officer (CSO)

- 7.3.1.1. The Club Safeguarding Officer is the first point of contact for all safeguarding issues within the club. They are the main point of contact for all children and adults to report concerns and disclosures, handling concerns calmly and sensitively in line with the England Netball Reporting a Safeguarding Concern Procedures. Within their Club they have the lead responsibility for safeguarding the young people or adults at risk in their club. They have been appointed by their club to lead on educating and advising the club members on safeguarding matters; ensuring that clubs are safe places for young people or adults at risk to play netball.
- 7.3.1.2. All Clubs are required to have a [Club Safeguarding Officer](#).
- 7.3.1.3. The CSO should also not hold the role of Club Chairperson, Head Coach or any other 'golden role' in the Club. This is to prevent a conflict of interest when concerns are raised.
- 7.3.1.4. [Clubs who have players that are under 18 years old or an 'adult at risk' must complete England Netball's compulsory education, training, and certification requirements.](#) A [DBS Check via England Netball](#) is mandatory.
- 7.3.1.5. [Clubs without under 18s or an 'adult at risk' are only required to complete England Netball's compulsory education requirements.](#)
- 7.3.1.6. Must ensure that their [Coaches, First-Aiders and Approved Volunteer Courtside Supervisors](#) have completed England Netball's Compulsory Training and Education, including obtaining a [DBS Check via England Netball](#)

7.3.2. Coaches

Only Coaches with current England Netball qualifications are permitted to coach during a match-night.

Coaches - Level 2 & 3 Requirements:

- 7.3.2.1. A full England Netball [membership](#) and Level 2/3 Qualification.
 - 7.3.2.2. [The England Netball specified UK Coaching Safeguarding and Protecting Children training certificate.](#)
 - 7.3.2.3. [A England Netball recognised First Aid at Work certificate](#)
 - 7.3.2.4. A [DBS Check via England Netball](#)
 - 7.3.2.5. Minimum age 18 years.
- Coaches – Level 1 Requirements:
- 7.3.2.6. A full England Netball [membership](#) and a Level 1 Qualification.
 - 7.3.2.7. Must be supervised by a Level 2 or 3 coach when coaching on a match-night.
 - 7.3.2.8. Minimum age 16 years.

7.3.3. First Aider

Requirements:

- 7.3.3.1. A full England Netball [membership](#).
- 7.3.3.2. Must be appropriately trained and qualified to administer First Aid having undertaken an England Netball [approved training](#) – for First Aid and Safeguarding.
- 7.3.3.3. Must complete the [mandatory education requirements](#).
- 7.3.3.4. A [DBS Check via England Netball](#) if they are the primary or only Supervisor on a match-night.
- 7.3.3.5. Minimum age 18 years.

7.3.4. Approved Volunteer Courtside Supervisor

Requirements:

- 7.3.4.1. A minimum of a Social & Supporting England Netball [membership](#). Although, it is recommended that a full England Netball membership is purchased.
- 7.3.4.2. A [DBS Check via England Netball](#) if they are the primary or only Supervisor on a match-night.
- 7.3.4.3. Must complete the [mandatory education and training requirements](#).
- 7.3.4.4. Minimum age 18 years.

8. Rules Relating to Match Officials and Technical Officials

8.1. Miscellaneous

- 8.1.1. All Match Officials and Technical Officials are required to read all relevant documents relating to conducting their duties, including this ADNL Rules and Regulations document, Match Procedures, and any other relevant documents that the League specify.
- 8.1.2. Match Officials and Technical Officials are expected to be fully focused on their duties and are not permitted to use electrical devices (*except for the purpose of timing the match*), books or anything else which may cause them to be distracted for the duration of their duty.

8. Rules Relating to Match Officials and Technical Officials

8.1. Miscellaneous (continued)

- 8.1.3. A non-playing Club Member can conduct Rota Duty and Scoring, if the full membership process has been completed, as detailed in the [Membership Document](#).
- 8.1.4. Due to venue Risk Mitigation regarding limiting numbers of people in the playing enclosure, under 18s and 'adults at risk' are only permitted to carry out Rota Duty, not Scoring.
For example if Supervised people are Scoring and on Rota Duty at the same time, there potentially could be 6 people on the bench. By limiting just to Rota Duty the maximum will be 4
 - 8.1.4.1. They must be supervised (seated beside) for the duration of their duty by either the Club Safeguarding Officer, Level 2 Coach, First-Aider or an Approved Volunteer Courtside Supervisor who is [appropriately trained and certified](#).

8.2. Match Officials: Umpires

- 8.2.1. Umpires will not be eligible to umpire matches unless they are qualified to do so. If umpires are unsure whether they are qualified to umpire in a particular division, they must seek clarification from the [Umpiring Secretary](#) before umpiring the match.
- 8.2.2. All teams in each division must supply an appropriately qualified Team Umpire; the umpiring requirement for each Division is as follows:
 - 8.2.2.1. Premier: EN B award and EN C award umpires that have attended an EN working towards B award course and are actively working towards their B Award, plus Talent ID umpires and umpires on the approved ADNL umpire list.
 - 8.2.2.2. Div 1: EN C award umpires who are on the approved ADNL umpire list.
 - 8.2.2.3. Div 2: EN C award.
 - 8.2.2.4. Div 3: EN Into Officiating award. Must have attended a C Award course and be actively working towards their C award, unless by prior arrangement with the [Umpiring Secretary](#)
 - 8.2.2.5. Div 4: EN Into Officiating award.
- 8.2.3. The Nominated Team Umpire (or Additional Umpires within the Team) are required to fulfil their Team's umpiring duties in the first instance.
- 8.2.4. Mandatory specifications for the Nominated Team Umpire and Additional Team Umpires. They must be:
 - 8.2.4.1. A Member of their Team through ENGage.
 - 8.2.4.2. Registered to the Team they are umpiring for via the online ADNL Player/Umpire Registration Form for both umpiring and playing.
 - 8.2.4.3. An Umpire or Player can only appear on one Player/Umpire Registration Form.
 - 8.2.4.4. Appropriately qualified for the division they are officiating in.
 - 8.2.4.5. Fit and available to officiate all the matches they have been scheduled to complete during the season.
 - 8.2.4.6. Have been Actively umpiring in the ADNL the last playing season and will have umpired a minimum of 7 games for the Team they are Registered.
 - 8.2.4.7. Teams who have multiple umpires registered to their Team and the umpiring is shared are exempt.
- 8.2.5. Teams can call upon Umpires from within their Club to cover fixtures.
- 8.2.6. Teams can obtain permission from the [Umpiring Secretary](#), in advance of the match for a Guest Umpire who has not previously officiated in the ADNL to be allowed to officiate a match.
 - 8.2.6.1. Teams must ensure that their Guest Umpire joins ADNL via their ENGage account.
- 8.2.7. The Aylesbury Netball Umpiring Facebook page can be used ONLY to find umpires as a matter of urgency due to umpires being unavailable at the last minute (e.g., sickness/injury).
 - 8.2.7.1. If Teams are regularly obtaining Umpires from other Clubs, their Entry to the ADNL for the following season may be affected.
- 8.2.8. ADNL follows the EN recommendations that U18 umpires officiate their peers. Please refer to the EN website for the Age Limits for the Younger Umpire document. However as suggested by EN, the ADNL Committee may allow an U18 umpire to officiate a senior game; permission will be given on an individual basis and must be requested by emailing the [Umpiring Secretary](#) in advance of the match. The umpiring secretary will confirm the decision.
- 8.2.9. It is mandatory for all umpires to attend a refresher course over a two-year league period; to include the ADNL start of season umpiring workshop. Contravention of this rule will disqualify the umpire from umpiring in the league.
- 8.2.10. Once an umpire starts to umpire a match they must continue umpiring until the end of the match. They can only be replaced once on court in the event of illness/injury to that umpire.

8. Rules Relating to Match Officials and Technical Officials

8.2. Match Officials: Umpires (continued)

- 8.2.1. If a team is unable to provide an appropriately qualified umpire (for any reason) but the game can go ahead with the help of a substitute umpire, the team failing to provide the umpire must pay £15.00 to the replacement umpire on the match night.
- 8.2.2. If a replacement umpire cannot be found, the match will be abandoned and referred to the Committee for further guidance. The team failing to provide the umpire will be liable for a) the full cost of the original fixture, b) providing 2 scorers for the rearranged fixture, c) payment of £15 each to the umpires for the rearranged fixture. The cost of the re-arranged fixture will be shared by both teams.
- 8.2.3. Umpires should only umpire one match per match-night. This is to ensure they maintain their standards and effectiveness and provide the correct level of service to the teams they are umpiring.
 - 8.2.3.1. In exceptional circumstances, a further match may be umpired in the same evening, but it is recommended that there is a break of at least 1 hour between matches.
 - 8.2.3.2. On a match night, Umpires should not Umpire-Play-Umpire.
 - 8.2.3.3. Where more than one match has been umpired, the Team Captain must notify the [Umpiring Secretary](#) by 5:00pm on the Thursday after the Wednesdays match.
- 8.2.4. Teams who put forward a Team Umpire who subsequently does not officiate the allocated fixtures will not automatically be allowed to re-enter a Team for the following season.

8.3. Technical Officials

8.3.1. **Rota Duty/Scorers Pack**

- 8.3.1.1. The Team Captain will be responsible for the Team's pack which includes a timer, pair of scoreboards and hand operated air horn. This pack remains the property of ADNL. Captains must replace any items that are broken or lost.
 - 8.3.1.2. Teams leaving the ADNL will hand-back their pack at the end of the season.
 - 8.3.1.3. Teams failing to use their rota pack items on multiple occasions will be subject to disciplinary procedures.
 - 8.3.1.4. The League Treasurer will retain part of the Team Registration deposit until the end of the season. If a team leaves the League, without returning their Rota Pack, their forfeited deposit will be used to purchase a replacement.
- 8.3.2. **Rota Duty:** The responsibilities of the team members on Rota Duty can be found in the [Match Procedures](#) document.
- 8.3.2.1. Teams are required to conduct their FULL ROTA DUTY, including completing the League's online [Matters Arising](#) form by 5pm on Thursday following the Wednesday match at the latest.
 - 8.3.2.2. Players who are under 18 or an 'adult at risk' **may** carry out Rota Duty if they are accompanied by an appropriately trained, qualified and certified adult; for further information refer to *Rule 8.1.4*.
- 8.3.3. **Scorers:** All teams in each division must supply a Scorer. The full responsibilities of the Scorers can be found in the [Match Procedures](#) document.
- 8.3.3.1. Both Scorers are required to conduct their FULL DUTY, including taking a photo of their score cards and submitting them separately via the relevant [Online Results Form](#) by 5pm Thursday following the Wednesday match at the latest.
 - 8.3.3.1.1. The Online form is accessible via the [ADNL Members Area](#).
 - 8.3.3.2. Players who are under 18 or an 'adult at risk' **may not** carry out Scoring, for further information refer to *Rule 8.1.4*.
- 8.3.4. Any queries should be directed to the [Competition Team](#).

9. Pregnancy

- 9.1. EN recommends that individuals ([players, coaches, umpires etc](#)) if pregnant should only participate with approval from their doctor and in accordance with any guidelines issued by EN.
 - 9.1.1. Written confirmation of the doctor's approval should be sought by the player and provided to the ADNL Committee via the [Participation Team](#) at least 5 days prior to participating in Netball Activities.
 - 9.1.2. Neither EN, nor ADNL will be held liable for any pregnant individual participating in recognised and authorised netball activity should the expectant mother suffer a miscarriage or permanent damage to herself and / or unborn child as a result of participating.

9. Pregnancy (continued)

- 9.1.3. The [EN Personal Accident](#) cover will not provide any benefit for injury, loss, or expense due to pregnancy, childbirth, miscarriage, or any consequence thereof.
- 9.1.3.1. For example, if an 'Insured Person' who is pregnant is involved in an accident (not pregnancy related) and suffers a broken leg then, subject to claims validation, the policy would pay any broken bones benefit, the Hospital Confinement benefit and Temporary Total Disablement benefit due under the Personal Accident Insurance Policy resulting from this injury. However, if the absence or hospital stay is prolonged as a direct result of pregnancy, pregnancy complications or even early childbirth then this would not be covered.
- 9.1.4. This information is intended as a guide only - full terms and conditions apply as detailed in the policy documents, in association with [EN's current Memorandum, Articles, Regulations and Policies](#).

10. Safeguarding

- 10.1. When a Child, Young Person or Adult at Risk is identified at serious risk of harm or abuse refer immediately to the Police Call 999.
- 10.2. Safeguarding concerns are handled under the [England Netball Safeguarding Policies](#). Use the [Report a Safeguarding Concern](#) form to report your concern to England Netball.
- 10.3. England Netball Safeguarding Lead – [England Netball Safeguarding Lead](#) – 01509 277911
- 10.4. ADNL Safeguarding Team - [ADNL Safeguarding Lead](#) - Text/WhatsApp 07923 208825.
- 10.5. Safeguarding resources for netball activity in the ADNL, can be found on the [Safeguarding](#) page of the ADNL website. This includes information for: [Young People Adults at Risk](#) [Parents and Carers](#) and [Coaches, Club Officials/Volunteers](#)
- 10.6. **Club Safeguarding Officer**
It is mandatory for all Clubs to have a [Club Safeguarding Officer](#), refer to *Rule 7.3* for full details.
- 10.7. **Adult Supervision on match-night for people who are aged under 18 years old or an 'Adult at Risk'**
- 10.7.1. Each Team should have 2 appropriately trained and certified Club members. See *Rules 7.3.1 to 7.3.4* for further details.
- 10.7.2. Supervision ratios on a match-night for - 2 Supervisors for up to 10 under 18s/adults at risk.
- 10.7.2.1. A named parent/carer can be a supervisor for their own child or 'adult at risk', but there will still need to be a Club member present who is appropriately trained and certified. If there is a second under 18/'adult at risk' and they do not have a named adult/carer present, the Club must ensure that they provide another appropriately trained/qualified/certified adult.
- 10.8. **Adult Supervision of Spectators aged under 18 years old**
- 10.8.1. Children under the age of 18 are only permitted in the playing enclosure to spectate if an adult supervises them at all times whilst they are in the venue. They cannot be left on the team bench with a reserve player supervising them.
- 10.8.2. Babies and toddlers are not permitted in the playing enclosure.
- 10.8.3. Players, Umpires and Technical Officials are not permitted to leave their child unaccompanied whilst they are playing/officiating.

11. Rules of Play

11.1. Miscellaneous

- 11.1.1. Minimum number of Players registered to a Team
- 11.1.2. Existing Teams – 8 Players
- 11.1.1.1 New Teams – 10 Players
- 11.1.2 Maximum number of Players Registered to a Team
- 11.1.2.1 30 Players over the course of a season
- 11.1.3 Match-night Player's line-up
- 11.1.3.1 A maximum of 12 players can be listed in the player line-up and take the court.
- 11.1.3.2 A team cannot take the court with less than 5 registered players.
- 11.1.4 Points will be awarded as follows:-
- 5 points for a win – *an additional 1 bonus point = 6 points (if scored more than double of losing team's score)*
 - 3 points for a draw
 - 2 points for the losing team (*if scored up to 5 goals less of the winner's score*)
 - 1 point for 50% or more of the winner's score
- 11.1.5. Any team having a query about the match score should email the [Competition Team](#). by 5:00pm on the Thursday. It will be up to the Committee to pass judgement on such matters.

11.2. Delayed matches

11.2.1. Teams must be on court and ready to play their matches at the appropriate times. If this is not the case, the offending teams will be forced to accept an infringement penalty of one goal per minute awarded to the non-offending team. Refer to the [Match Procedures](#) for full instructions on how to manage the process.

11.3. Failure to take the court

11.3.1. If a team does not have five players present at the start of a quarter / half, the umpires will wait up to 30 seconds for additional player/s to arrive. After 30 seconds: the offending team will be penalised immediately following the whistle for the centre pass. Refer to the [Match Procedures](#) for full instructions on how to manage the process.

11.4. Cancelling Matches

11.4.1. To cancel a league match; teams must give a minimum of 24 hours' notice to the [Competition Team](#). The team cancelling the match will be subject to ADNL disciplinary procedures.

11.4.2. Teams cancelling league matches are reminded that they MUST supply an UMPIRE & SCORER for the game preceding/following the cancelled game and conduct their ROTA DUTY if they have been scheduled to do so.

11.4.3. If a team has cancelled three League Matches, they will be subject to ADNL disciplinary procedures.

11.4.4. Matches cancelled by Teams who are unable to fulfill the fixture will not be rescheduled.

11.4.5. The League Committee reserves the right to cancel / postpone any fixture, for example the need to cancel fixtures due to severe weather or venue availability.

11.5. Game Management

11.5.1. Player Suspension

11.5.1.1. Except in extreme circumstances, this will not be done unless an appropriate Warning has been given. The continuation of an action that triggered a previous Warning may warrant a suspension being issued or if serious enough a one-off incident may trigger a Suspension. *For example: deliberate dangerous play.*

11.5.1.2. A player who is Suspended takes no part in play for 2 minutes. The Rota Duty Team manage this. Refer to the [Match Procedures](#) for full details on how to manage the Suspension. Umpires should refer to [England Netball's Guide to Game Management](#) for guidance.

11.5.2. Discipline of Coaches, Club Officials/Volunteers, Club Players, Bench Players and Spectators.

11.5.2.1. It is the responsibility of the Team Captain to ensure that the conduct of their participants and spectators meets the values and standards expected of them by ADNL and EN on a match-night, as specified in the [ADNL Complaints and Disciplinary Procedures](#), [EN's Codes of Conduct](#) and [EN's Misconduct List](#)

11.5.2.2. The above members must remain on the team bench and may not:

11.5.2.2.1. Criticise the umpires or their decisions.

11.5.2.2.2. Use offensive, insulting or abusive language and / or gestures.

11.5.2.2.3. Use excessive noise or interruption.

11.5.2.2.4. Encourage foul play by on-court players.

11.6. Injuries/Illness/Blood

11.6.1. In the absence of a qualified primary carer, the person named to the umpires before the start of the match as the person responsible for dealing with injuries for the team must take responsibility for dealing with injured player/s.

11.6.2. The umpires hold time for blood when noticed or for injury/illness when requested by an on-court player (in extreme circumstances the umpires may hold time without a request being made. Refer to the [Match Procedures](#) for full instructions on how to manage the process.

11.6.3. If an injured player cannot be removed from the court and by the time she is moved there is not enough time to continue with the original format of the game and within the allotted time slot, the game will be abandoned. *NB: The ultimate decision about whether an injured player should be moved rests with the player themselves.*

11.6.4. The cost of the re-arranged fixture will fall to the team of the injured player. Costs for the original fixture will be shared by both teams. If the abandonment occurs within the last quarter, the score stands.

11.6.5. All injuries (no matter how minor) should be recorded on the Matters Arising Sheet by the Rota Duty Team. The injured player's team should record the incident in the venue's accident log and complete the [Accident Report Form](#). A copy should be emailed to the [Safeguarding Team](#) within 7 days. No insurance claim can be made if an accident is not recorded.

11.6.6. First-Aiders must be [appropriately, qualified, trained and certified](#) to administer first aid. See [Rule 7.3.3](#) for further information.

11.6.7. All teams must have their own first aid kit present at each match.

12. **Promotion and Relegation of Teams**

- 12.1. The Committee will regulate the format of the League.
- 12.2. The following process for promotion or relegation will usually be used:-
 - 12.2.1. To promote the teams finishing 1st and 2nd from each division each year.
 - 12.2.2. The teams finishing bottom (9th) and 2nd from bottom (8th) will be relegated to the division below.
- 12.3. In exceptional circumstances, the Committee reserves the right to deviate from the above process in the interest of the League.

13. **Entering the League**

- 13.1. New teams wishing to enter the League must complete the [Expression of Interest form](#). For more information regarding league entry, refer to the [League Entry Policy](#).
 - 13.1.1. Teams meeting the minimum criteria will be placed on the Waiting List.
 - 13.1.2. New Teams entering the League will normally be placed in the last division if there is space available.
 - 13.1.3. Seeding of any new team will be decided by the Committee on request – space permitting.

14. **Withdrawing from the League**

- 14.1. Any teams voluntarily withdrawing from the League or who have been expelled will be expected to pay the whole cost of each court for each fixture they are unable to meet. All points scored in the teams' fulfilled fixtures will be invalid.

15. **Concerns, Complaints, Feedback and Suggestions**

- 15.1. Raising a Concern
 - 15.1.1. To highlight a situation or scenario that has caused worry or discomfort.
 - 15.1.2. Raise the Concern by completing the [Online Form](#)
 - 15.1.2.1. The Resolution Lead will acknowledge the Member's email and bring the matter to the attention of the Committee.
 - 15.1.2.2. The Committee will review the Concern, then decide what action should be taken.
 - 15.1.2.3. The Member will be informed of the outcome.
 - 15.1.3. Queries: ADNL Resolution Lead - adnresolution@gmail.com
- 15.2. Complaints
 - 15.2.1. In the main, on-court behaviour is dealt with by the officiating umpire during the game.
 - 15.2.2. An Officiating Umpire may submit a Complaint if they have ordered a player off the court, and they believe the incident was so serious further action is warranted.
 - 15.2.3. Misconduct occurs when conduct does not reach the required standard expected by the ADNL, as set out in the [ADNL Complaints and Disciplinary Procedures, EN's Codes of Conduct and EN's Misconduct List](#)
 - 15.2.4. Serious offences (criminal offences, use of violent conduct, threat of violence against another or discriminatory acts or behaviour).
 - 15.2.4.1. Report to England Netball's Governance and Compliance Manager - complaints@englandnetball.co.uk
 - 15.2.5. All other complaints
 - 15.2.5.1. Contact ADNL Resolution Lead for guidance - adnresolution@gmail.com
- 15.3. Suggestions and Feedback (comments and compliments)
 - 15.3.1. Members should direct their general suggestions and feedback to the League Secretary adnl@live.co.uk to be brought to the attention of the Committee.
 - 15.3.1.1. The League Secretary will acknowledge the Member's email.
 - 15.3.1.2. The Committee will review the suggestion/feedback, then decide what action should be taken.
 - 15.3.1.3. The Member will be informed of the outcome.

16. **Breaches of the ADNL Rules and Regulations**

- 16.1. Any breaches of these Rules and Regulations will be referred to the ADNL Committee to be managed using the [ADNL Complaints and Disciplinary Procedures](#).

17. **Misinterpretation of the ADNL/EN Rules & Regulations, Processes, Procedures etc.**

- 17.1. Misinterpretation cannot be accepted as a reason for noncompliance of the foregoing.