

NEWARK NETBALL LEAGUE

Rules and Regulations 2026-27

All participants are bound by these rules and by the World Netball Rules (2024).

1. Administration and Governance

1.1 Newark Netball League is a privately operated social netball league.

1.2 All participants (teams, players, captains, umpires and spectators) are bound by these rules and regulations.

1.3 Newark Netball League operates in accordance with GDPR. Personal data will be used solely for league administration and will not be shared with third parties unless legally required.

1.4 Photography, filming and social media:

- Consent for photographs and videos taken at league fixtures and events to be used for training, development, promotional and social media purposes is given and accepted as part of player registration.
- Any player who strongly does not wish to be included in photographs, videos or social media content must email the league directly to make this known. The league will take reasonable steps to exclude them from published content.
- Minors may not be filmed or photographed without verified parental or guardian consent.
- Spectators must obtain permission before filming or photographing players.

2. Team Registration and Fees

2.1 Teams must register via the official Newark Netball League website.

2.2 All team entry fees must be paid in full prior to the start of the season, and no later than two weeks before the first fixture of the season.

2.3 Teams that have not paid in full by the deadline will not be permitted to participate in that season and will be recorded as absent. A team may also forfeit its place until the next full annual league season.

2.4 A team's place in the league is not guaranteed until full payment has been received. Unpaid places may be offered to teams on the waiting list.

2.5 Any exceptional payment arrangements must be agreed in writing with the league before the payment deadline.

2.6 All outstanding fees are the responsibility of the team captain. Debts may be pursued via a recovery agency.

3. League Structure and Season Format

3.1 The league operates Division 1, Division 2 and the Tuesday League. Each division is capped at eight teams.

3.2 A club may enter up to three teams per division.

3.3 Teams play each opponent twice per season.

3.4 Points are awarded as follows:

- Win: 5 points
- Draw: 3 points
- Loss: 0 points

3.5 Promotion and relegation: the team finishing last in Division 1 will be relegated to Division 2, and the team finishing first in Division 2 will be promoted to Division 1.

3.6 The league reserves the right to amend promotion or relegation where teams withdraw or league restructuring is required.

4. Player Eligibility and Safety

4.1 Teams may field up to 7 players on court. A minimum of 5 players is required to start a match.

4.2 Unlimited players may be registered to a squad, but a player may only be registered with one team.

4.3 All players must be registered with the league via the official Newark Netball League website. Captains manage registration for their team.

4.4 Minimum age is 14. Players under 16 must be registered by a parent or legal guardian, who must provide consent for them to participate in an adult league. League terms and conditions will be issued during registration and must be accepted before the player is eligible to participate.

4.5 It is the team captain's responsibility to ensure all under 16 players comply with the league's age eligibility and registration requirements.

4.6 Players who are over 12 weeks pregnant are not permitted to play. This rule is based on safety, duty of care and insurance considerations.

4.7 Jewellery must be removed. Taped jewellery is not permitted, except approved religious items.

4.8 Correct footwear must be worn and nails must be short and rounded.

4.9 Players wearing glasses do so at their own risk.

4.10 Player movement between divisions must follow league transfer rules.

4.11 Transfer Window (registration and deregistration): players registered to a team may only transfer to another team, or deregister to become a pool player, during the official Newark Netball League Transfer Window. The window opens exactly halfway through each season and remains open for one week (7 calendar days). Players wishing to transfer or deregister must request the official window dates for that season from the league. All transfer and deregistration requests must be submitted by email before the window closes. Outside the Transfer Window, a player will not be permitted to deregister, join another team or become a pool player until the following season. Exceptions will only be considered by the league in exceptional circumstances.

5. Pool Players

5.1 Pool players are not registered to a specific team and may only be used to cover absence, injury or sickness, not to strengthen a team.

5.2 All pool players must be registered with the league, and captains must list all pool players on the team sheet before the match.

5.3 A pool player may only be used when a team has fewer than 8 registered players available. A pool player may be brought in as the eighth player; however, if they are, they must play the full game.

5.4 A maximum of 3 pool players may be used in one match.

5.5 A pool player may play a maximum of 4 games per season for the same team. Exceeding this limit results in the match being forfeited 15-0.

5.6 Pool players may play multiple games in one night but must not be used to increase team strength unfairly. The league or umpires may refuse a pool player if their involvement gives an unfair advantage.

5.7 A player who is registered to a team on one league night may act as a pool player on a different league night. For example, a player registered to a Monday night team may pool play for any team in the Tuesday League, provided they are not registered to a Tuesday night team. A player may not act as a pool player on the same night on which they are registered to a team.

5.8 All pool players are expected to pay a match fee when representing a team. The amount is determined by the team captain and should be agreed before the fixture.

5.9 Failure to pay the agreed match fee may result in a league penalty and/or suspension from acting as a pool player until the matter is resolved.

5.10 Pool players are eligible to be selected as player of the match.

5.11 Breaches of pool player rules will be treated as fielding an ineligible player.

See Appendix A: Pool Player Quick Reference Sheet.

6. Captain Responsibilities

6.1 Captains must ensure all players arrive in time to warm up and be ready for the scheduled start.

6.2 Captains must collect and pay umpire fees before the match begins. Failure to pay results in the match not being played.

6.3 Only registered, eligible players may take the court. It is the captain's responsibility to check this before each match.

6.4 Providing false information about player identity or team sheet details may result in removal from the league.

6.5 Captains must ensure all players understand and comply with the Newark Netball League Rules and World Netball Rules.

6.6 Captains are responsible for managing team behaviour and supporting umpires in maintaining a safe, respectful environment.

6.7 Captains must introduce themselves to the umpires before the match.

See Appendix C: Captain Match Night Checklist.

7. Fixtures and Attendance

7.1 Teams must arrive at least 10 minutes before their match. Players must wait in the designated areas:

- Suthers (Div 1): main reception (next to stairs)
- Barnby (Div 2): waiting area near toilets
- Newark Academy (Tuesday League): corridor outside the sports hall

7.2 First fixture punctuality: teams playing the first game of the evening must arrive no later than 6:15pm (15 minutes before the 6:30pm start) so that team sheets, umpire payments and warm ups are completed before the scheduled start. The first centre pass will be taken at the scheduled start time. A team that is not ready to take the court on time will incur the late penalties in rule 7.3, applied from the scheduled start time. Repeated late starts by the same team may result in a further deduction of league points.

7.3 Matches start on time. Late penalties: 2 goals deducted for every 5 minutes late; 15 or more minutes late results in the match being forfeited. Late matches will not be rearranged.

7.4 Forfeits:

- 48 hours' notice is required.
- The forfeiting team must email the league AND directly contact the captain of the opposing team to inform them of the forfeit.
- Opponents are awarded the win.
- Fees remain payable.
- 2 forfeits result in a warning; 3 forfeits result in removal from the league.

7.5 If a match is stopped due to serious injury, umpires will determine the final result. No refunds apply.

7.6 The league may change fixtures, times or venues where necessary.

8. The Game

8.1 All matches follow World Netball Rules.

8.2 Monday matches consist of 4 x 12 minute quarters with standard breaks. Tuesday matches consist of 4 x 10 minute quarters with standard breaks.

8.3 Team sheets must be fully completed before the game begins. Failure to submit results in penalties.

8.4 Substitutions may only occur at quarter breaks unless related to injury.

8.5 Injury procedure: only umpires may stop the game. Players must leave the court unless the injury is severe. Blood must be controlled before returning.

8.6 At the end of each game, each team must pick a player of the match. Pool players are eligible to be selected as player of the match.

9. Scorers, Bench and Technical Area

9.1 Each team must supply a scorer. Teams without a scorer will forfeit their 7th player, who must act as scorer.

9.2 Scorers must sit together in the designated scoring area throughout the match whilst play is in progress. Sitting together allows scorers to consult with one another, avoids missed goals, minimises discrepancies and avoids unnecessary interruptions.

9.3 Scorers must work with umpires to confirm scores and centre passes, must remain focused, and may not coach or engage with spectators.

9.4 Bench area rules:

- Bench players must remain in designated areas.
- Coaching is allowed only from the bench.
- Spectators must remain outside court zones.
- No recording of umpires without permission.

10. Umpires

10.1 Umpires have full authority during matches and their decisions are final. Formal complaints must follow the dispute process in Section 13.

10.2 Umpires must remain professional, impartial and aligned with World Netball Rules (2024).

10.3 Although Newark Netball League is a social league, the league expects all umpires to umpire to a high standard to ensure every team receives a fair game. Consistent, confident umpiring also reduces frustration and removes potential triggers for poor player behaviour.

10.4 It is mandatory for umpires to collect both completed team sheets at the same time as receiving match payments, before the match begins. Play must not start until both team sheets have been completed, checked and handed to the umpire. This allows the league to monitor registered players, pool player usage and player eligibility.

10.5 At the end of each fixture, umpires must photograph the completed scorecard and both team sheets and upload them to the official umpire WhatsApp group on the night. This allows the league to monitor pool player usage and update results immediately. Individual umpires will be contacted and chased directly by the league for any missing team sheets or scorecards from their fixtures.

10.6 Umpires must submit match reports the same night.

10.7 Abuse towards umpires will result in sanctions, including team removal.

See Appendix B: Umpire Match Night Checklist.

11. Player and Spectator Conduct

11.1 Discrimination, abuse or inappropriate behaviour is not tolerated and may result in removal from the league.

11.2 ZERO TOLERANCE: BEHAVIOUR TOWARDS UMPIRES AND OTHER PLAYERS

The league has seen an unacceptable rise in comments made towards umpires and opponents and in arguments on court. This behaviour will not continue. Any player who makes inappropriate comments, argues with umpires or other players, or otherwise behaves in an unsporting manner WILL be penalised. Sanctions include: penalty goals awarded against the offending team during the match; removal of the player for the remainder of the match; deduction of league points; suspension of the player; and removal of the player or team from the league. Umpires have the league's full support in applying these sanctions, and captains are expected to manage their players' behaviour at all times.

11.3 Umpires' decisions are final and must be respected. Unsporting behaviour will be penalised.

11.4 Players suspected of consuming alcohol will not be permitted to play.

11.5 Spectators must behave respectfully. No coaching from the sidelines.

11.6 Spectator abuse or disruption may result in removal from the venue or team penalties.

12. Disciplinary Actions

12.1 The league may remove any player or team for misconduct.

12.2 Fielding an ineligible player results in a 15-0 forfeit.

12.3 Misuse of social media may result in suspension or removal.

13. Communication and Disputes

13.1 All communication must go through captains.

13.2 Match incidents will not be discussed during play.

13.3 Issues must be reported to the league in writing within 24 hours using the official league contact details published on the league website.

13.4 A cooling off period applies. League decisions are final.

14. Health, Safety and Liability

14.1 Participants accept personal responsibility for injuries. Newark Netball League does not provide insurance and participants are strongly advised to obtain personal insurance.

14.2 Each team must bring a basic first aid kit.

14.3 All participants must follow venue emergency procedures.

14.4 The league is not responsible for injury, loss or disruption caused by circumstances beyond its control.

15. Summer Festival Competition

15.1 The Summer Festival is a standalone competition separate from the league season. Its purpose is to provide flexibility during holidays and examination periods.

15.2 Standard league rules apply unless amended below.

15.3 What is a Guest Player? A Guest Player is a player who is already registered to another Newark Netball League team during the regular season and who plays for a different team in the Summer Festival to help that team fulfil a fixture. Guest Players are only permitted in the Summer Festival and are separate from pool players.

15.4 Teams may use a maximum of two Guest Players who are registered to another Newark Netball League team.

15.5 Guest Players must only be used to help fulfil fixtures and not to strengthen a team. The league may refuse any Guest Player where an unfair advantage would result.

15.6 Guest Players may only represent one team per match night.

15.7 All Guest Players must be declared on the team sheet before the match.

16. Additional Information

16.1 Warm ups are strongly recommended.

16.2 Venue disruption may result in rescheduling. Refunds are at the league's discretion.

16.3 Teams must wear matching bibs. Poor visibility may result in refusal to play.

16.4 Newark Netball League aims to provide a positive, inclusive and competitive environment for all participants.

Appendix A

Pool Player Quick Reference Sheet: Policy Summary

1. What Is a Pool Player?

- A pool player is a registered Newark Netball League player not assigned to a specific team.
- You can be a pool player in the league if you play on another night. For example, if you are registered to a team on Monday night, you can pool play on Tuesday if you have not registered with a Tuesday night team.
- They may be used only to cover injury, illness or unexpected absence.
- Pool players must not be used to strengthen a squad.

2. When Can a Team Use a Pool Player?

- A team may use a pool player only if they have fewer than 8 registered players available.
- A pool player may be brought in as the eighth player, but if they are, they must play the full game.
- The pool player must not breach appearance limits.

3. Maximum Usage Rule

- A pool player may play a maximum of 4 games per season for the same team.
- If they play a 5th match, they become ineligible and the team will face penalties.

4. Consequences of Breaching the Limit

- Match recorded as a 15-0 forfeit.
- Further sanctions may apply for repeated breaches.

5. Pool Player Registration Rules

- Pool players must be registered with Newark Netball League before taking the court.
- Teams must list pool players clearly on the team sheet before the match.
- Unregistered or unlisted pool players are treated as illegal players.

6. Umpire Responsibilities

- Check all pool players are correctly listed on team sheets.
- Confirm pool player usage complies with the rules, including that a pool player brought in as the eighth player plays the full game.
- Refuse participation if the pool player strengthens the team unfairly.
- Report any misuse to the league.

7. Spirit of the Rule

- Pool players are for cover only, not tactical advantage.
- Umpires or the league may refuse a pool player if they significantly strengthen a team.
- Repeated misuse may result in investigation or sanctions.

8. Captain Checklist

- Do we have fewer than 8 registered players available?
- Has this pool player played 4 or fewer games for us this season?

- Is the player registered with Newark Netball League?
- Have we listed them correctly on the team sheet?
- Have we notified the league?
- **If any answer is 'no', the pool player cannot take the court.**

9. League Enforcement

- The league may reject a pool player on the night.
- Points may be removed or games forfeited.
- Misuse may lead to sanctions or suspension of pool player access.

Appendix B

Umpire Match Night Checklist

Before the Match: Team Sheet Verification (Mandatory)

- Both teams have completed their team sheets and the sheets are handed to the umpire, with match payments, before the whistle.
- All players are listed (including substitutes and pool players) and captains are identified.

Pre-Match Duties

- Confirm each team has a scorer. If not, enforce the rule: the team forfeits its 7th player (plays with 6).
- Ensure both scorers are seated together in the designated scoring area.
- Check court conditions, posts, balls and safety hazards.
- Conduct the toss for first centre pass.
- Ensure players meet safety rules (nails, jewellery, footwear).

During the Match: Game Management

- Start the game on time.
- Apply late penalties if necessary (2 goals for every 5 minutes).
- Monitor player conduct.
- Manage injury stoppages appropriately.

Control of Bench and Spectators

- Team benches are in the correct areas.
- No one approaches the umpires during play.
- Address inappropriate behaviour immediately and firmly.

Between Quarters: Scorer Cross-Checks

- Confirm the quarter score with both scorers and the centre pass for the next quarter.
- Ensure BOTH scorers agree before restarting play.

After the Match: Final Recording

- Confirm the final score with both scorers.
- Record Player of the Match (POM). Remember pool players are eligible.
- Photograph the completed scorecard and both team sheets and upload them to the official umpire WhatsApp group on the night.
- Submit all information the same night. Individual umpires will be chased for any missing team sheets or scorecards.

Rule Reminders: Umpires Must

- Remain impartial.
- Umpire to a high standard so every team gets a fair game, even in a social league.
- Keep communication clear and professional.
- Not be approached by players except captains, and only at breaks.
- Uphold league rules, World Netball Rules and safety.
- Protect the spirit of the game.

- Contact the league directly with concerns (not through players).

Appendix C

Captain Match Night Checklist: Quick Reference Guide for All Team Captains

Before Arrival

- Ensure all players are registered and eligible. Confirm you have 7 players plus a scorer.
- Make sure players remove jewellery, trim nails and wear correct footwear.
- Bring full umpire payment.

On Arrival (10 Minutes Before the Game; 6:15pm for the First Game)

- Gather your team away from the umpire space.
- Identify yourself to both umpires.
- Complete your team sheet: all players listed, any pool players clearly marked, substitutes included.
- Submit your team sheet to the umpires, with payment, before the whistle.

Scorer Responsibilities

- You have brought a scorer. The scorer sits with the opposing scorer in the designated scoring area.
- The scorer understands how to track goals and how to mark centre passes (ask for support if unsure).
- If you have no scorer, your 7th player must sit out and score (the team plays with 6).

Before the Whistle

- Clarify the toss-up result with the umpire (first centre pass).

During the Match

- Manage your team's behaviour and ensure players respect umpires.
- Keep players in the correct bench area.
- Support umpires, not challenge them. Report concerns only during breaks.

Quarter Breaks

- Listen to umpire clarifications.
- Ensure scorers cross-check scores and centre passes.
- Organise players quickly to avoid delays.

After the Match

- Confirm the final score with the scorers.
- Ensure your scorer stays until the umpires verify results.
- Check for your player of the match nomination (POM).

Captain Expectations

- Act as the primary communicator between the league and your team.
- Ensure your team attends games consistently.
- Handle team sheet accuracy.
- Maintain discipline of players and spectators.
- Raise any issues formally within 24 hours via the official league contact details.
- Ensure no negative social media posts are made by team members.

- A pool player may only be used if the team has fewer than 8 registered players available. If a pool player is brought in as the eighth player, they must play the full game.
- The same pool player can only be used 4 times a season.