

# CHELMSFORD & DISTRICT NETBALL LEAGUE

Contact and Rule Book  
2024/2025



1964/1965 – 2024/2025  
60 Years

[www.chelmsfordnetballleague.co.uk](http://www.chelmsfordnetballleague.co.uk)

# **CHELMSFORD & DISTRICT NETBALL LEAGUE**

## **CONSTITUTION**

1. The purpose of the Chelmsford & District Netball League ("**CDNL**") is to provide and promote the game of Netball in a competitive and friendly manner.
2. The Financial Year of the League shall be 1st April to 31st March.
3. a) An independent Accountant shall be appointed to inspect and scrutinise the League accounts annually.  
b) An interim review shall take place when a new Treasurer takes over.

## **COMMITTEE**

4. The Committee shall be elected annually by a vote at the Annual General Meeting.
5. The Committee shall consist of Chair, Vice-Chair, Treasurer, League Secretary, Assistant League Secretary, Fixtures Secretary, Assistant Fixtures Secretary, plus 7 other members and the ability to co-opt further members as the need arises.
6. Committee meetings shall be held at least every 2 months throughout the duration of the winter season, including a mandatory pre-season and end of season meeting.
7. A quorum for a committee meeting shall consist of 7 members.
8. Any committee member who does not attend for 3 consecutive meetings and is not carrying out their full duties may be asked to resign from their position, with a new member being co-opted to fill the vacancy.
9. No committee member shall remain on the Committee for more than 5 consecutive years holding the same office (except in exceptional circumstances to be agreed by a majority vote at the AGM).
10. Honorary Membership to the League shall be reviewed by the Committee at the end of each winter season.
11. Committee members may claim petrol expenses when travelling to committee meetings.

## **AGM**

12. All Rule Proposals/Any Other Business must be sent in writing to the League Secretary by 15th May and shall be circulated to all clubs within 10 days of the AGM.
13. Each team is allocated one vote at the AGM which will be held in June. One person to represent one team.
14. Any team not represented at the AGM will be fined £25.00.
15. An extraordinary meeting of all league members shall be called to discuss and vote, if necessary, on major decisions concerning the League.

## **GENERAL**

16. Any team, player, umpire or official wishing to participate in the CDNL must be a member of England Netball by 1st September.
17. A player must be registered to the League prior to the start of any League or Cup match.
18. To play in the CDNL all players must be aged 14 or over as of the 1st September or have written permission from their Performance Pathway Coach. After that date once a player becomes 14 years of age, she is eligible to play in the CDNL on proof of date of birth together with the registration fee.
19. Any young person under the age of 18 must have a parental consent form signed by a parent or guardian before their first League/Cup game.

20. International Netball Federation Rules shall be the rules of play as provided for by the CDNL and will abide by the International Netball Federation codes of conduct and disciplinary procedures manual, with the exception of any domestic rules.
21. All League and Cup matches will be played at a venue notified by the Committee at the start of the season. In the event that these arrangements become unavailable, the Committee may substitute other venues.
22. In the event of the CDNL being wound up, any money in hand shall be donated to a charity or organisation to be named by the Committee in liaison with England Netball.

# CHELMSFORD & DISTRICT NETBALL LEAGUE

## RULES 2024-2025

### LEAGUE CONDITIONS

1. League fees
  - a) League fees are £25.00 per team.
  - b) No refund of the League entry fee will be given after 1st August.
2. Court fees are shared equally by both teams, with the exception of when a team defaults, the offending team will incur the whole cost.

### TEAM RESPONSIBILITIES

#### 3. **Home Team**

The home team is responsible for:

- a) Providing a suitable netball; and
- b) Providing a result card

#### 4. **Each team**

Both teams are responsible for:

- a) Supplying an umpire who is suitably qualified for the division which he/she is to umpire, thereby providing two umpires per game, except where umpires are allocated by the Umpiring Secretary.
  - b) Teams must confirm with their umpire no later than 48 hours before the game. If an umpire fails to turn up for a match, BOTH the team and the confirmed umpire MUST advise the fixtures secretary in writing (email) within 48 hours, clearly stating the exceptional reason for non-attendance.
  - c) Offering their umpire, a minimum of £15.00 for a game of 4 x 12 minutes duration and £20.00 for a game of 4 x 15 minutes duration to cover expenses.
  - d) Teams in matches covered by neutral umpires must share umpire's expenses.
  - e) Providing bibs with playing initials front and back which must be worn during all games. Failure to do so by a team member must be noted by the umpires at the start and the decision on whether to play the game will be taken and adhered to.
  - f) First named team is responsible for change of bibs in the event of a clash of colours.
  - g) All spectators should follow the code:
    - (i) respect umpires and players both on your own team and opposition.
    - (ii) there should be no offensive language, remarks, or behaviour.In the event of an incident being reported to the Committee, it will be investigated and could result in a minimum fine of £25.00.
  - h) To video or photograph a player or game, permission must be obtained from the Committee at least 48 hours prior to the game taking place.
  - i) All teams must provide their own First Aider and first aid box. Certificates must be submitted with the league application form, or no later than 31<sup>st</sup> October. Teams not adhering to this rule will be withdrawn from the league.
5. The winning team is responsible for posting result cards signed by the umpires, to the Registration Secretary (or in the CDNL post box by the entrance to the courts) within 48 hours of the match. In the event of a drawn game the home secretary shall send in the card. Failure to comply with this rule will result in the offending team being fined £5.00.
  6. Any team who does not return award trophies by 1<sup>st</sup> February, or if trophies are returned damaged or broken, will be fined £25.00.

## **REGISTRATIONS AND TRANSFERS**

7. The CDNL registration of each player is £1.00. If not paid within 7 days of registration, the club will be fined £5.00.
8. Each team must have registered at least 7 players before 1st September.
9. Only names submitted on the result card will be accepted. No correspondence will be entered into. A fine of £5.00 will be payable by the offending team.
10.
  - a) No player may play for a lower team in a League or Cup match.
  - b) No club player may play up for a higher team more than four times, on the fifth occasion the player will be a member of the next highest team within that club and remain in that team for the rest of the season.
  - c) Prior permission of the Committee must be granted for the player from a higher team to play for a lower team. Once permission has been granted a further transfer will not be considered.Failure to comply with (a), (b) or (c) will result in the forfeiture of the points, the club being fined £5.00, and points awarded to the non-offending team.
11. No player may play for more than one club within CDNL. Failure to comply with this rule may result in the offending team losing the points and the offending player fined £5.00. The non-offending team is awarded the points plus 20 goals. The offending team will be deducted 10 goals.
12.
  - a) Permission must be obtained from the Committee for the transfer of players between clubs during the season. Failure to comply with this rule will result in the offending club losing any points gained and being fined £5.00.
  - b) A player leaving a club mid-season wishing to transfer to another club within CDNL shall only apply for such transfer providing a formal notice of release is received from the existing club.
13. Any team playing an unregistered player or one from a higher team in their club will lose any points gained from that match and will incur a fine not exceeding £25.00. The non-offending team will be awarded the points plus 20 goals and the offending team will be deducted 10 goals. In the event that both teams play an unregistered player or one from a higher team then no points or goals will be awarded to either team. Should this occur in the cup competitions the offending teams will be excluded from further participation.
14. All requests to the Committee are to be made in writing. Urgent requests requiring a committee decision will be charged a fee of £5.00.
15. All players must be registered by 1st March. Registration requests after that date will be at the discretion of the Committee. 48 hours prior notice must be given.

## **LEAGUE MATCHES**

16. Each team will play every other team in their division twice.
17. Duration of game shall be:
  - a) 4 x 15 minutes for divisions 1 - 5.
  - b) 4 x 12 minutes for divisions 6 - 11.
18. Interval times shall be as follows:
  - a) 4 x 15-minute games shall have 3 minutes for quarter times and 5 minutes for half time.
  - b) 4 x 12-minute games shall have 2 minutes for quarter times and 3 minutes for half time.

19. Points will be awarded as follows:
- 5 for a win.
  - 3 for a draw.
  - 2 if the losing team loses by 5 or less goals.
  - 1 for a loss with 50% or more; and
  - 0 for a loss of less than 50%.
20. a) Where a team withdraws from the League all their results will be null and void.  
b) Any club wishing to withdraw a team from the league will not be able to re-register any of these players in a lower team within the club.
21. Where a league fixture is not fulfilled the non-offending team is awarded the points plus 20 goals and the offending team will be deducted 10 goals. Any team failing to fulfil three League and/or Cup games will be withdrawn from the League; all results will be null and void.
22. No rearrangement of games is allowed, except in extenuating circumstances.
23. In the event of a game not taking place the Fixtures Secretary and the opposing team must be notified immediately. A written explanation must be posted to the Fixtures Secretary by both teams within 48 hours.
- If an injury occurs and the match is not finished, a written explanation of the incident should be communicated either by letter or email to the Fixtures Secretary by both teams within 48 hours (the explanation must not just be put onto the result card). Failure to comply with this Rule 23 will result in a fine of £5.00 and the possibility of the points being forfeited and awarded to the non-offending team at the discretion of the Committee.
24. Access to courts is available at 7:00pm. All games will either start at 7:15pm or 8:30pm. All 4 x 15-minute matches to begin at 8:30pm.
- Matches must commence no later than 5 minutes from the agreed time. At the end of the extended time, if a team has five players present the game must commence. Umpires are responsible for enforcing the time allowance. Failure to comply will result in forfeiture of the points and the points awarded to the non-offending team at the discretion of the Committee after all events have been considered.
  - Un-played matches must be completed within 2 weeks of the end of the season otherwise; points will be allocated at the discretion of the Committee.

### **CUP MATCHES**

25. The competitions are handicapped as follows:
- Suzie Wood**
    - Division 1 = 0 goals
    - Division 2 = 5 goals
    - Division 3 = 10 goals
    - Division 4 = 15 goals
  - Nicky Clark**
    - Division 5 = 0 goals
    - Division 6 = 4 goals
    - Division 7 = 8 goals
    - Division 8 = 12 goals
  - Prince's Plate**
    - Division 9 = 0 goals
    - Division 10 = 4 goals
    - Division 11 = 8 goals

26. Knock-out cup duration:
  - a) Suzie Wood Cup shall be 4 x 15 minutes.
  - b) Nicky Clark and Prince's Plate Trophies 4 x 12 minutes.
27. In the event of a draw, extra time will be played:
  - a) Suzie Wood Cup shall be 7 minutes each way.
  - b) Nicky Clark and Prince's Plate shall be 5 minutes each way.

All will have one minute break at half time. A toss of a coin will determine first center pass or choice of ends at start of extra time. If still a draw at the end of extra time, play will continue until one team is two goals ahead.
28. Knock-Out Cup fixtures will be umpired by the qualification set for league matches as per Rule 32. Neutral umpires will be appointed from the quarter finals.
  - a) In the unlikely event of a cancellation, the defaulting team must notify the opposing team and both umpires.
  - b) Any defaulting team from the quarter finals onwards, will be fined £25.00.
29. Quarter, semi and finals will be played at a central venue on allocated dates, with the duration of games being as per Rule 26.
30. Any player must have played at least four league/cup games (for that Club) before becoming eligible to play in a semi-final or final of any of the cup competitions.
31. Any player transferring from one club to another cannot take part in any cup game going forward.

## **UMPIRES AND SCORERS**

### **32. Umpire qualifications**

- a) Division 1 home team must be umpired by a B award or above. Away teams may be umpired by a B award or above or:
  - (i) an umpire on the C Approved list (until the 2025/26 season); or
  - (ii) a C Award working towards their B award qualification and who has passed the AB written paper, provided they are still within their 2 year post completion validity period.
- b) Divisions 2 - 8 must be umpired by C Award or above.
- c) Divisions 9 and 10 must be umpired by IO or above.
- d) Division 11 and below can be umpired by an unqualified or above.

### **33. Umpire age limits**

All umpires umpiring in the CDNL must be 16 years of age or over (no exceptions).

### **34. Umpire Assessments**

Throughout the season matches will be required for Umpire Assessments. The Officiating Lead will select appropriate matches for the assessments to be completed. In the interest of development Teams are encouraged to support these requests.

### **35. Umpire responsibilities/guidelines**

All umpires, unless they have completed an EN umpiring course during the current season, will be expected to attend a Game Management Course organised by the league in partnership with East Essex. Each attendee will receive an attendance card which will be required to umpire in the CDNL. All umpires wishing to register to umpire in the CDNL will be at the discretion of the committee.

### **36. Umpires and Scorers**

- a) All teams must provide a scorer, who is not the umpire, for all their games. If teams fail to supply a scorer, then a player shall be dropped from the team to fulfill this role.
- b) Scorers must stand together in a neutral position indicated by the umpires and confirm the score with each other after a goal. Scorers should confirm with the umpires the direction of play which restarts the match after each interval.
- c) Scorers will note the final score on the match card to confirm the end result and must sign the card to confirm the result of the game.

- d) Umpires need to register their interest with the Officiating Lead via the online Google form on the CDNL website. Umpires' details will then be included in the League handbook. All CDNL C and above umpires will be reaccredited every four years.

### **PENALTIES AND FINES**

37. Any team with outstanding fees/fines at the end of the season will be refused entry to the League in the following season.
38. During the season, any team failing to pay fees/fines by a final date set by the Committee may be suspended until that fine is paid.
39. Non-attendance to league business will result in the club being fined £5.00.
40. If a team is found guilty of misconduct, the club may be fined up to a maximum of £25.00. If more than two incidents are proved the team may be suspended for a specified number of games.
41. A breach of any rules not covered by a specific penalty will be dealt with at the discretion of the Committee.

### **DOMESTIC RULES**

42. **IFN RULE 4: Duration of game.**
43. **IFN RULE 5: Match Personnel.**
44. **IFN RULE 5.1.1(a): Registered playing Uniform.** In addition, all players must wear a skirt and top/dress in their registered club colours.
45. **IFN RULE 9.3.1: Stoppages.** All stoppages for illness/injury or blood on a player will be 1 minute and the player concerned must leave the court. For more serious injuries, umpires may extend the time for the player to leave the court.
46. **IFN RULE 13.1: Discipline of Players.** If the discipline necessitates ordering a player off for any period of playing time, the Umpire must send a written report to the Officiating Lead stating the circumstances of the disciplinary action. The offending player(s) can continue to play in subsequent matches until the matter is discussed at the next Committee meeting, when a decision will be made which may result in suspension and/or fine.
47. **Pregnancy:** No player is allowed to play after 12 weeks and umpire after 20 weeks.
48. **Dermal Piercings:** Those that have been surgically inserted and are located below the skin and cannot be easily removed are permitted with an accompanying medical certificate/Doctors letter. All piercings must be suitably covered with padding/tape as necessary to prevent injury to themselves and/or others.
49. **Gloves:** If required for medical reasons may be worn on the production of an appropriate medical certificate/Doctors letter. 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.

### **MISCELLANEOUS**

50. A decision to call off all games due to adverse weather conditions will hopefully be made by 6.00pm. If the Met Office advise that weather temperatures will fall below -3 degrees at 6pm, all games will be cancelled, even if courts are fit for purpose.
51. New teams entering the League shall be placed in a division at the discretion of the Committee.
52. Subject to assessments, team withdrawal and at the Committee's discretion at the end of the season, at least the top two teams in each division will be promoted to the next higher division and the bottom two teams may be relegated to the next lower division. Should two teams draw for promotion or relegation the better team shall be judged on goal difference throughout the season. If this is still equal, then the Committee shall arrange a play-off and neutral umpires will be appointed. In the event of a play-off being a draw then Rule 27 will apply.
53. The Committee reserve the right to refuse a team entry into the League.



## **SUMMER LEAGUE**

54. If a team concedes two games in a season and then two games the following season (i.e., four or more in total over two consecutive seasons), then that team will not be allowed entry into the Summer League the following year.
55. **Rules and Regulations**
- a) Normal CDNL and England Netball rules apply except:
    - (i) there will be no paid registrations to CDNL,
    - (ii) players must be a member of England Netball,
    - (iii) teams are asked to name their squad before the first game,
    - (iv) send the registration form to the Registration Secretary; and
    - (v) games do not need to be confirmed, but teams are asked out of courtesy to be prompt and to ensure they turn up on the dates and times stated.
  - b) Cancellation of games. Teams to notify:
    - (i) the opposing team
    - (ii) your umpire; and
    - (iii) the Assistant Fixtures Secretary.
  - c) Players to draw positions with both umpires overseeing the draw. The positions will be drawn again at 10-minute intervals for the next three quarters.
  - d) No player may play for more than one club.
  - e) Each team must provide a suitably qualified umpire. The umpire should be of the same level qualification required for them to umpire in the winter league. Teams should offer their umpires a minimum of £15 to cover expenses.
  - f) All teams to provide a scorer.
  - g) All games are to be played on the dates and times stated.
  - h) There will be NO re-arrangements.
  - i) Result Cards to be posted to the Registration Secretary within 48 hours.
  - j) Each game will be 4 x 10 minutes duration.
  - k) In the event of injuries and substitutions, the following will apply:
    - (i) substitutions are to pull a bib out first, then replace it and the remaining seven players pull as normal. If any injury occurs, the sub moves to the position she pulled out and that position then moves to the injured player's position,
    - (ii) if no substitutions are available and there is an injury to the C, GA, GS, GD or GK, then the WD may move to that position,
    - (iii) if there is an injury to the WD or WA and no substitute is available, then that position stays vacant; and
    - (iv) in the event of late arrivals, the WD bib is removed from the bag before the others are pulled out. The late arrival then plays in the WD position.
  - l) The pools are mixed divisions; hence some B teams are in lower pools than the A teams. This does not make any difference; the pools are just numbered for convenience.
  - m) Information for all players
    - (i) all children must be accompanied by a non-playing adult.
    - (ii) all venues operate a NO DOGS policy.

## **DUTY OF CARE/SAFEGUARDING**

56. The League adopts the core values and principles of England Netball's Duty of Care and Transgender Inclusive Guidance Policy. These can be found on the England Netball and CDNL websites.
57. In line with England Netball specific Safeguarding Child Protection Procedures and Policies, and Codes of Conduct and Disciplinary Procedures (a full copy of which can be found on their website) [www.EnglandNetball.co.uk](http://www.EnglandNetball.co.uk), the League offers the following suggestions to all teams:
- a) a copy of England Netball Child Protection Guidelines be available for all voluntary and parental helpers to refer to,
  - b) each team (with younger members - Under 18) to have its own Child Protection Policy in place,
  - c) the Club's Safeguarding Officer be available and approachable should the need arise,
  - d) secretaries/team managers/parental helpers to be aware of the position they are in, regarding what is considered acceptable behavior whilst coaching or transporting their members; and
  - e) spectators, parents, coaches, or other personnel should be aware of the difference between verbal encouragement and verbal abuse.
58. **Core values**
- a) All young people's netball experience must be guided by what is best for that young person.
  - b) Adults interacting with young people in netball should do so with integrity and respect for the child.
  - c) All young people's netball should be conducted in an atmosphere of fair play; and
  - d) Young people's netball should be conducted in a safe, positive, and encouraging atmosphere.
59. **Principles**
- a) The welfare of young people is paramount.
  - b) All people, but especially the young, whatever their culture, disability, gender, language, racial origin, religious beliefs, or sexual identity, have the right to protection from abuse.
  - c) All incidents of poor practice, suspicions and allegation should be taken seriously and responded to swiftly and appropriately.
  - d) It is the responsibility of child protection experts to determine whether or not abuse has taken place, but it is everyone's responsibility to report any concern.

It is the responsibility of all members to adhere to and uphold these values and principles.

## **CODE OF CONDUCT**

60. Codes of Conduct require the highest standards of conduct from everyone involved in netball to ensure that their behavior and actions meet the values and standards expected at all times.
61. Everyone should conduct themselves in an honest, fair, impartial, and transparent manner.
62. Netball is based on teamwork, therefore we should:
- a) not abuse or misuse any relationship of trust or position of power or influence held by individuals in a team,
  - b) be on time, dressed appropriately and ready to give full attention to the role being carried out within netball; and
  - c) recognise that individuals bring different qualities and attributes but "together we will excel".

63. Individuals that participate in netball to achieve and have fun, therefore they should:
- a) recognise the achievements of others and applaud their successes,
  - b) respect the rules, regulations, and requirements of the sport,
  - c) be aware of the rights, dignity and worth of young people and ensure that we are aware of the Safeguarding best practice guidelines and procedures when interacting with them,
  - d) endeavor to ensure that all involved in netball optimise their potential by promoting the positive aspects of the sport and never condone the use of inappropriate or abusive language, inappropriate relationships, bullying, harassment, discrimination, or physical violence,
  - e) not impinge on others enjoyment of the sport or performance by consuming alcoholic drinks or smoke immediately prior to or while participating in the sport or while safeguarding children, young people, or vulnerable adults,
  - f) ensure that everyone has the opportunity to participate in a fair, honest environment by rejecting cheating, abiding by the Anti-Doping policies and not taking illegal substances immediately prior or while participating in the sport,
  - g) display modesty in victory and graciousness in defeat, be sporting - whether you win or lose, always acknowledge the other team and umpires at the end of the game with a handshake or three cheers,
  - h) never argue with an official and during the game listen to and cooperate with official's decisions,
  - i) control your temper and understand that verbal, emotional and physical abuse of officials, coaches, spectators, or participants or deliberately distracting or provoking a participant, coach or official is not acceptable or permitted behaviour in netball; and
  - j) enjoy the game and ensure others can also enjoy it.

#### **COMPLAINTS PROCEDURE**

64. Every player involved in the sport of netball has a responsibility to themselves, their team, their club and the umpires, to behave in a sporting manner and not to bring the game into disrepute. CDNL is committed to providing a supportive, friendly, safe and positive environment free from offensive behaviour.
65. Umpires have full control of the game and International Netball Federation rules apply.
66. If a player has a complaint against another player this must be brought to the attention of the umpires during the game. If it cannot be resolved within the game, then a formal complaint must be made in writing (can be email) to the League Secretary within 3 days.
67. Complaints regarding any team, umpire or supporter must be made in writing to the League Secretary, within 3 days from the game taking place.
68. All complaints will be acknowledged, and the League Secretary will request information from all parties concerned.
69. If a young person (18 and under) is involved, the complaint must be made by the team's Safeguarding Officer, who must also have attended a Time to Listen course.
70. Initially all complaints made to the League Secretary will be heard by the Committee at their next meeting. No committee member will be in attendance if the complaint is about them or the club for which they are a member.
71. Once a formal complaint has been received about a player, team, spectator or umpire, the Committee will discuss and take the following action:
- a) no case has been made, then no further action; or

- b) if the case has been upheld then the Committee will determine the action to be taken and a response will be sent within 7 days of the committee meeting.
72. Any matter which relates to discipline will be dealt with under the procedures set out in the England Disciplinary Regulations Manual.
- a) The complainant must set out in writing the grounds for the complaint and full details of the alleged Disciplinary offence or other conduct that gives rise to the complaint. This formal written statement must be sent to the England Netball Compliance Manager.
  - b) A complaint should be sent within 28 days of the alleged incident or of the Complainant becoming reasonably aware of the incident, to the Compliance Manager.
  - c) On receiving a complaint, the Compliance Manager shall first determine whether England Netball has the jurisdiction to deal with it under the Disciplinary Regulations and will send an acknowledgement along with the jurisdiction decision to the Complainant within 5 days of receipt of the complaint.