



# Netball Fun Summer Games

## May - July 2015

### Notes for Players

#### Contact Information

Sibylla: 07931 980377 or [hello@crowboroughnetball.com](mailto:hello@crowboroughnetball.com)

#### How the Competition Works

There are four teams in this summer league with two matches played every week on a Monday evening at 7.00PM and 8.00PM.

The first match is on Monday 11<sup>th</sup> May 2015 and the last on Monday 13<sup>th</sup> July 2015.

There is no match on the 25<sup>th</sup> May bank holiday.

Each team plays each of the other teams three times throughout the 9 weeks. Please see the Match Schedule for the dates and times of your team's matches.

The winning team of the 2015 Fun Games is the team that has the most points at the end of the 9 weeks.

Points are awarded thus;

- Win = 5 points
- Draw = 3 points
- Loss = 1 or 0 [\*]

[\* 1 point if you get more than half the winning score, 0 points if you get less than half the winning score.]

#### Match Dates

11, 18, May 1, 8, 15, 22, 29 June 6, 13 July 2015 (No match on 25<sup>th</sup> May.)

#### How Each Game Works

Matches are made up of four quarters. The whole match, including breaks, lasts under an hour. Crowborough Netball provides the netball courts, bibs for both teams, the match netball, score cards and pens, two Umpires (with whistles!); Mo and Sibylla, and as much netball advice as you would like! We don't provide drinks, so make sure you bring plenty of water.

Matches start at 7.00PM and 8.00PM. If a team is more than 5 minutes late they will forfeit the points for that game. The game may still take place as a "friendly".

#### Rain

We play even if it rains or is windy! We would stop a match if the court becomes waterlogged and a slip hazard or if there is danger from lightening or very high winds. If a game has to be cancelled or abandoned, the Umpires will make a decision regarding the teams' standing in the competition and any re-matches required.

#### Insurance and Personal Injury Cover

Crowborough Netball Coaches and Umpires are covered by insurance from England Netball. However, this does not cover personal injury to players. Netball is a sport and, as with any sport, injuries can occur. If you require personal injury insurance cover, please arrange this independently. Affiliation with England Netball covers players for many insurance purposes, so it is worth considering as an insurer.

See [www.englandnetball.co.uk](http://www.englandnetball.co.uk) for details.

#### Substitutes/ Player Can't Make a Match/ Reserves

If a team needs an extra player for a match please get in touch with Sibylla as soon as possible to arrange a substitute.

Substitutes pay £3.50 per match to the team they are playing for on the day they play.

## Things to Remember (in no particular order)

- All players need to have filled in a Crowborough Netball contact form before playing.
- Know and observe the rules of netball, as they are in the Green Netball Rule book. If in doubt, please ask Sibylla (at any time by email) or on a match day ask the Umpires Mo and Sibylla.
- Teams must have a captain for each match.
- Team captains need to have done the coin toss(\*) before the start time so that the game can start on time. Captains need to let the Umpires know the results of the coin toss. (\* To decide who chooses either the first centre pass or which end.)
- Finger nails must be short, so that they don't show above the finger tip.
- All jewellery and visible piercings must be removed to play.
- Games start and finish on the Umpire's whistle.
- Listen to, and act on the Umpire's directions during the game.
- During play, don't question an Umpire's decision.
- Unlike in regular league matches, please consider these fun games as an opportunity to learn from the Umpires. Please feel free to approach the Umpires at quarter times, half time or after a match for play advice and to discuss/clarify decisions. (However, the Umpire's decisions during a match are final.)
- At the end of each match the Umpires will chose an attacking and a defending Player of the Match.
- Captains and their teams, at the end of the match, should follow these netball traditions:
  - Shake hands with their opponent,
  - Do three cheers for their opposition,
  - Choose an opposition Player of the Match,
  - Fill in their score card and give it to Sibylla,
  - Thank the Umpires.
- Everyone should play fairly and be competitive, but not aggressive.
- If you are pregnant, you should not play beyond twelve weeks of pregnancy.
- Captains, you must not knowingly allow players on court under the influence of alcohol.
- Everyone must remember their manners; refrain from using abusive or obscene language, no matter how tempted you are! ☺
- It may seem obvious but to remind you, it's best to wear something comfortable. (Wear something that you can move around in easily and that you don't mind getting sweaty in! Jogging bottoms are good with shorts underneath in case you get warm! Many players like to wear a skort which is a sports skirt and shorts in one. Bring a fleece or hoody: It's good to have some layers to take off when you get hot and put on when you get cold. Also, wear trainers. Leave the Jimmy Choos at home.)
- Oh, and remember to ENJOY YOUR NETBALL!