



# WELCOME TO PLAYNETBALL.COM

Hello and welcome to [playnetball.com](http://playnetball.com). The following information has been put together to help you get the most out of your time with us. If you have any questions about anything contained in this pack please contact the team at [info@playnetball.com](mailto:info@playnetball.com).

Please also take the time to read the [Terms and Conditions](#) (also available on request), for information about: code of conduct, injuries, disciplinary process, forfeits, signing in, fill-ins, postponed games and our waiver.

## LOCATIONS:

### Angel

EGA School, Donegal Street, London, N1 9QG  
(Entrance on Rodney Street)  
Tube: Kings Cross St Pancras / Angel

### Highbury

Highbury Grove School, 8 Highbury Grove, N5 2EQ.  
(Entrance on Highbury Grove)  
Tube: Highbury & Islington. Overground: Canonbury

### Dulwich

JAGS Sports Club, Red Post Hill, SE24 9JN  
Overground Train: North Dulwich, East Dulwich and Herne Hill

## POSITIVE SPORTING BEHAVIOUR:

We want to be the best and most fun netball league in London! How do we do that? Well, firstly by making sure you are safe on court and, secondly, that you have fun!

We try to promote sporting behaviour at all times: applauding the good things your opposition and teammates do, smiling on court, playing fairly and generally having the right attitude, goes a long way to achieving this.

We want happy netballers, so our promise to you is this: if you can think of a way to reasonably improve the league, then let us know. We'll do everything we can to make sure it happens. Except the weather. As ever, there's not much we can do about that...

## UNIFORM / KIT:

You can wear what you wish, as long as it's appropriate for playing an active sport. Inappropriate footwear is a sure-fire way of injuring yourself (and potentially others) so laced sporting shoes with sufficient grip are recommended. If you wear inappropriate clothing, the umpire will not permit you on court, so don't forget your kit. (Inappropriate clothing would include something like a metal belt which might injure others, or yourself).

In the current Covid-19 landscape, teams are responsible for providing their own bibs each week to reduce transmission risks and keep everyone as safe as possible. These **bibs must be reversible** to avoid colour clashes with opposing teams. The cost should be split evenly across the team. We'd suggest appointing a 'laundry captain', or rotating each week who washes and brings the bibs each week to keep things fair. Recommend supplier:

- [Gilbert](#) USE CODE: **A\_PLAYNETBALL-15** to receive a 15% discount

Nails should be short and smooth at all times (even if gloves are worn). Nail clippers are provided. Tape may not be used to cover nails.

In line with England Netball Rules, gloves should not normally be worn to play netball. Other than extreme weather conditions, or in the case of some medical conditions (with production of an appropriate medical certificate), gloves can be worn. Glove material should be plain, soft leather or microfibre (e.g. Neoprene) which have no external seams and no abrasive materials such as zips, velcro, metallic or plastic fasteners.

No jewellery may be worn. In exceptional circumstances, and, wholly at the discretion of the umpires, jewellery that is irremovable may be taped. Participants should bring their own tape to the courts.

Players should bring their own strapping tape to the courts if required for ankles, knees, etc..



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## GAME TIMES:

Depending upon the night and the venue, games are played at 6:20pm, 7:00pm, 7:40pm and 8:20pm. Each game is split into four 9 minute quarters with a very short break at each quarter / half time. Turnover between games is really quick, so please cooperate with your umpires so that the game can be started as soon as possible. Teams that are late on court will be penalised by a goal a minute. This commences from the moment the other team is on court and onside. The first team on court and on side will receive the first centre pass.

## FACILITIES / BIKES / CARS:

All of our venues have an indoor reception area and changing rooms with showers. These are open from 6:15pm Monday and 6:50pm Tuesday-Thursday (@ Highbury), 6:45pm (@ Angel), 6pm (@ Dulwich), and close at 8:55pm (@ Highbury and Angel) and 10pm (@ Dulwich). The changing rooms in Angel and Highbury are closed 5 minutes before the final whistle of the night, so we have to pack up and ship out really quickly. This unfortunately means that you can't have a shower after your game if you're playing in the 8:20pm game slot.

Bike racks are provided at all venues. At Highbury these are just outside the main entrance, at Angel these are just inside the main gate and at Dulwich these are outside reception. Bikes are not permitted into the school premises.

There is limited car parking at Highbury which can be accessed from Highbury New Park and is closed at 9:05pm. In Dulwich there is free street parking available. JAGS Sports Club do have a car park but advise this is only for its members. There is no on site car parking at Angel although pay and display areas surround the school. These generally finish at 6:30pm so it is usually free to park if you can find a space. We recommend using public transport.

**Playnetball.com Ltd do not accept any liability for any property that is lost, damaged or stolen on or near the competition venue.**

## PLAYER REGISTRATION:

**To be eligible to play, all participants MUST register at the following web address BEFORE their first game. To do this, please visit: <https://www.playnetball.com/registration/>**

For information on our Data Privacy policy, please see our [Terms & Conditions](#).

## SIGNING IN:

Upon arrival at the venue, ALL participants MUST SIGN IN for their team every week BEFORE their game(s), as well as for every team they might be filling in for that night. Sign In sheets will be laid out on a table near the entrance to each venue. Failure to sign in for your game may result in your team being penalised and incurring a Technical Forfeit, as well as being ineligible for Semi Finals and Finals. For more information on Eligibility and Signing In, see our [Terms & Conditions](#).

## FIXTURES:

When teams submit their player details by the deadline they can express a preference regarding fixtures. This might be **one** of the following:

- (a) not to clash with another team (this must be a mutual request, and only one team can be requested)
- (b) a request for fewer early or late games
- (c) a request for an even spread of game times.

While we try our best to ensure that a team's preference is satisfied, we use the preference only as a guide, and teams should not automatically expect to receive their preference fully.

The fixture list is worked out for the whole season in advance and, as there is usually very little turnover of teams, there is no need for grading games. Once the fixture list is finalised it is posted on the competition website and after this, it won't usually be changed as to do so usually affects at least 3 other teams.



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## LADDERS / RESULTS / FINALS:

The league ladders are usually updated daily and can be found on the playnetball.com [website](#). Teams are ranked with 3 points for a win, 1 for a draw and 0 for a loss. In the event of teams being tied on points, the goal difference (not goals scored) will differentiate the teams. If teams are still level, the head to head results will be used.

After every team has played each other twice, the top four teams compete in the Semi-Finals (1 v 4, 2 v 3) and the winners of these games take part in the Grand Final. Even if your team isn't participating in the Semi or Grand finals, you'll still have games to play; these will contribute to your final ladder position.

In the event of a tie in SF / GF games, two 1-minute extra-time periods will be played. At the end of the second extra-time period, if the scores are still level, the timekeeper will shout loudly to teams playing "SCORES TIED, NEXT GOAL WINS" at which point the team that scores the next goal will win the game. In the event of a game not reaching full time, the organisers discretion will be used to determine the winners.

Where extra time was required but not played for any reason, the team that finished highest in the ladder will progress to the final / be declared as GF winners.

Occasionally, there may be a mistake on the ladders. If this happens, please let us know as soon as possible.

Some leagues may require a different structure than above, depending on the number of teams and weeks available to play. All amendments to the above will be communicated to captains before the start of the season.

## PROMOTION / RELEGATION:

Usually (but not always) the team that finishes top of the league ladder will be promoted and the team that finishes bottom of a league ladder will be relegated. This may involve moving a team to another night and is at the discretion of the competition organisers. We try to do what's best for everybody to ensure an even and fresh competition in each league. Teams that finish in the top 4 (and play in the Semi Finals) will be protected from relegation.

## WEATHER:

Let's be honest – it's usually not much fun playing in the wet. Having said that, if we cancelled netball just because it was a bit wet or windy, we'd only play about 10 weeks a year! Therefore, unless you hear otherwise, your games will be played. In the event of extreme weather conditions (heavy snow, torrential rain, lightning or icy conditions) we'll contact the captain of each team to let them know that the games have been called off. You can also get the latest status by checking our website, [www.playnetball.com](http://www.playnetball.com), or by following us on [Facebook](#), [Instagram](#) or [Twitter](#). We will also send an email and text message to each player we have details for, which is why it's important that you provide this information at registration.

## DANGEROUS PLAY:

We know that netball can get quite competitive at times but all players are required to ensure that they take steps to play safely. All of our umpires have been instructed to remove players from play if they are considered dangerous – even if it's unintentional.

New players, learning how to play, don't always immediately appreciate the concept of going around and not through their opposition! If necessary, an umpire will give guidance and feedback. Take this in the spirit in which it is intended. Play cleanly and you'll be welcomed back with open arms!

Any player suspected of being under the influence of drugs or alcohol will be asked to leave the premises immediately, and receive an automatic suspension to be determined by the site manager/competition organiser. This even includes just smelling of alcohol. It's dangerous and we don't condone it.

## UMPIRE RESPECT:

### **One simple rule: Only ask a question at quarter / half time breaks!**

We really like our umpires and we take any necessary steps to look after them. They do a great job to the best of their ability and we guarantee that moaning at them, giving them dirty looks, questioning their calls or making loud, sarcastic comments to no-one in particular, won't work. If you have any questions, you're more than welcome to ask them **with your captain** at a scheduled break, but please leave it at that.



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If you think that your umpire has had an off day and it's something that we (as competition organisers) need to be aware of, then please do let us know – it might be an aspect of their game that we can help them to improve. Please be as specific and as objective as possible.

### COACHING:

No team or player is perfect and there are always opportunities to improve. Some of our umpires are graded coaches and we like to encourage them to help you improve when they feel that it's suitable - they're not favouring one team over another – just that they're trying to help someone get better.

### PLAYNETBALL.COM STAR PLAYER:

The playnetball.com Star Player is the player that we all like to have on our team. Each week, the umpires will award playnetball stars at the end of the game to the players who have:

- played with a smile on their face
- encouraged their team
- applauded the opposition
- received umpire feedback and improved their game
- kept going until the final whistle
- played some exquisite champagne netball!

Being a playnetball.com star isn't just about being the best player on the court – it's about attitude, sportsmanship and playing hard but fair. At the end of the season, the playnetball.com stars for each player are totted up and the player with the most will be crowned the Playnetball.com Star.

### FEEDBACK:

We welcome feedback – both positive and negative – but we do ask that it is constructive and considered. Please contact us at [info@playnetball.com](mailto:info@playnetball.com) or have a chat with the site manager at the courts to provide feedback.

### FINDING FILL-INS:

We understand that there will be games when you can't get 7 players together, in which case, you are welcome to find fill-ins. The best place to do this is via our [Facebook Fill-Ins page](#). Even if it's only an hour before your game, it's worth posting. A lot of our captains find this the easiest place to recruit as everyone can connect and confirm directly with each other. Our Facebook page is also the perfect place for you to pick up extra games for yourself if you fancy playing for other teams on a different night or at a different venue. Follow these tips:

- [@Playnetball.com Fill-ins on Facebook](#) should be your first port of call. Post the night you play, game time, grade, venue, team name and what position(s) are preferred. Eg *"Unicorns, Angel Mondays Ladies A Grade, need 2x subs tonight at 8:20PM. Shooters are preferred but we can mix things up to accommodate"*. From there, we will share the post so our community of players can see it and they can contact you directly if they are able to help. If you do not have Facebook, appoint a 'fill-in captain' at the start of the season who has a Facebook account, and is happy to post on the team's behalf.
- Volunteer to sub for other teams who post on Facebook, in exchange for someone from that team filling in for you. This is especially helpful if a team playing before or after you needs a fill in - you can help each other out!
- If you have a later game (i.e. 7:40 or 8:20PM, get to the courts 5 mins before the end of the previous game, and ask the two teams from your grade, if anyone is happy to stay on and play. Nine times out of ten, one of the fourteen players you ask will say yes.
- Message a friend, or someone who has filled in for you before. If you get a sub from Facebook or from another team one week, please exchange numbers with them so you can call on them again if you need.
- There are other Facebook pages or groups you can use, including '[I Need A Ringer](#)', '[London Netballers Network](#)'

Remember there are penalties for using players from teams in higher grades so be careful who you use. For more information on penalties, please see our [Terms & Conditions](#).

For anyone out there that doesn't already like and follow our Social Media accounts, you can join our online community for all things netball related:



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<https://www.facebook.com/PlaynetballLondon>  
<https://www.facebook.com/groups/playnetballfillins>  
<https://twitter.com/playnetball>  
<https://www.instagram.com/playnetball/>

Please do not email the playnetball.com office if you need a fill-in. If every team did this, we would be inundated with requests for 10-15 players every night and simply wouldn't be able to organise anything else!

## FORFEITS:

A team is required to field a minimum of 5 players in order for a match to start. Your team will be penalised one goal per minute for each minute you do not have 5 players on the court but you can use fill-ins to reach this minimum. In summary, there are two types of forfeits:

- **TECHNICAL FORFEIT:** the game takes place but you do not have 4 of your registered players on court by the start of the second quarter. Final score will be 10-0 to the opposition.
- **FULL FORFEIT:** your team does not turn up. Final score will be 25-0 to the opposition and you will be charged a forfeit fee.

For more details on the Forfeit rules, please see the [Terms & Conditions](#) on our website.

## SOCIAL:

We're a social league which means we try and get everyone to come to the pub after your games! Just ask your Site Manager, Umpire or opposition for the pub of choice at the venue where you play. Come and find us and say hello – we'll probably buy you a drink! We also hold our end of season presentations and social nights in our favourite local pub.

**That's it! Enjoy yourselves and we'll see you at the courts!**

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## CAPTAINS!

*We've provided a little extra information for you... please read on (it's not much, we promise!)*

A good captain makes a huge difference to teams in playnetball.com, as well as helping us to run an efficient league. A captain has the following responsibilities:

## AWAY FROM THE COURTS:

1. **REGISTERING PLAYERS:** Sending us your list of players at the beginning of every season and ensuring every team member registers to play for your team on our website at [www.playnetball.com/registration/](http://www.playnetball.com/registration/)
2. **COORDINATING DEPOSIT/TEAM PAYMENT:** Wherever possible, captains should collect the subs from each team member and make a single payment on behalf of the team. Cheques for payment into playnetball.com should be made payable to **PLAYNETBALL.COM LTD**
3. **REPRESENTING THE TEAM:** Acting as a focal point for any communications from competition organisers (including disciplinary matters)
4. **FIELDING 7 PLAYERS:** Ensuring that a full team plays each week, finding fill-ins when necessary, and that fill-ins are from an appropriate grade. See information on page 4 above
5. **TERMS & CONDITIONS:** Ensuring all team members, team fill-ins and supporters are aware of, and in agreement with, the [terms and conditions of the competition](#)
6. **BEING RESPONSIVE:** You are our first port of call if anything changes (eg, weather cancellations) or if we need anything from you/your team. We can't be the "best social netball leagues in London" if we don't hear back from you
7. **SOCIALS:** Persuading your players to get together in the pub after your games and organising socials



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## AT THE COURTS:

1. **SIGNING IN:** Ensuring all team members sign-in - you'll find the sign-in sheets on reception at each venue (This includes any fill-ins you use, who must sign in for your team as well as their own, if they are playing for more than one team on the same night).
2. **PUNCTUALITY:** Getting your players on court as soon as the final whistle for the previous game has gone
3. **TERMS & CONDITIONS:** Ensuring all players adhere to the specific terms & conditions of the competition whilst on court
4. **CONFIRMING SCORES:** At the end of each game, you (or your vice-captain in your absence) needs to sign the score card. Please make sure you check the scorecard carefully, ensuring that not only the score, but your team name, bib colour and the result has been recorded correctly - this is your responsibility to check before signing
5. **REPRESENTING:** Raising any questions with the umpires or competition organisers on behalf of the team during a scheduled break.

## HELPFUL TIPS!

- **DELEGATE:** We'd recommend you assign a Vice Captain and/or other team members to help with some of the above tasks. Just make sure you know who's responsible for what.
- **SET UP A WHATSAPP GROUP:** This is the easiest way to communicate each week what time your fixture is and record who can / can't play. You can also use it to chase payment from players, delegate tasks and even star messages such as a link to the fixtures and results. If you have teammates who aren't very responsive, try the @ key to call out the usual suspects, or use funny gifs or emojis rather than the same old message every week.
- **EMERGENCY CONTACTS:** Due to GDPR, we are unable to ask for, or store, players' emergency contact information. However, as a team captain, you are able to ask your team if they wish to provide this (just don't share it with playnetball.com/anyone else). In the unlikely event of a serious player injury, where emergency services need to be called, having a Google Doc in your team's WhatsApp group with each player's emergency contacts, and their home address, may prove helpful. If this document is shared in the team's WhatsApp, it means anyone from your team can help find this information and assist their injured teammate.
- **FINDING FILL INS/SOCIAL MEDIA:** As per the information already provided above, the best way to find fill ins is to post on our social media channels. It often helps if you and your team members are also happy to fill in for other teams - and that means you get free netball! If you're not on social media, delegate this role to someone else in the team who does.

All of the information you need is on [playnetball.com](http://playnetball.com). Please let us know if you have any questions by emailing: [info@playnetball.com](mailto:info@playnetball.com)

**Thank you!**