



# Lowestoft Netball League

## NEW TEAM Guidance

### Team

A minimum of 7 players is needed but most teams have many more to cover for holidays, sickness etc. Each team pay a fee at the beginning of each season. Players must be aged 13 and over to play in the league and there is no upper age limit.

Each team must be affiliated (insurance) before they can play in the league see website for current fees and contact the Norfolk County Affiliation Secretary for help and guidance - Contact details below:

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### Committee

The Lowestoft Senior Netball League is run by a Committee and they meet several times a year and hold an Annual General Meeting once a year, normally in March or April. See website for Committee details.

### Kit

- Suitable clothing is essential as a majority of games are played throughout the cold winter months outside.
- Trainers with some cushioning in the sole is recommended due to the physical aspects of the game.
- Bibs should have the letters on both the front and back and be at least 6" in height.
- Ball – standard size 5 Netball
- First Aid box

### Suitable Attire

- All clothing worn must not have metal adornments.
- Hoods should be tucked in.
- Suitable hats can be worn (without bobbles/tassels etc.).
- Gloves are not allowed.
- No sharp or metal adornments are allowed to be worn in the hair.
- No jewellery is allowed except a plain wedding ring which must be taped.
- Nails should be short – not to pass end of finger, and smooth.

## **Rules**

Teams should familiarise themselves with the rules of Netball, especially if not having played for several years, as these are updated periodically. See England Netball website for more details.

### **League – Winter Sept to March – Summer March to July**

The Lowestoft League plays on a Tuesday evening at Lynn Grove High School, Gorleston, Gt Yarmouth. There are 3 courts used at the same time and the first match starts at 7.15pm with the second match starting at 8.15pm. Teams are requested to supply an umpire for entry into the league but for new teams the league allows 2 years grace in order to get an umpire trained.

Teams must make every effort to ensure that they either secure a qualified umpire or participate in any relevant umpiring courses – these are generally held at Norwich or Ipswich yearly. See website, facebook or contact Umpiring Secretary.

Teams have to be affiliated to England Netball for participation in the League.

## **Games**

- Umpires will check clothing, jewellery and fingernails before the start of a match.
- Team captains toss a coin to decide the first Centre pass/direction of shooting.
- Games are 10 minute quarters with a few minutes break in-between.
- Teams may approach the umpire at intervals to clarify any decision made.
- Substitutions are allowed at intervals or during injury time – see Rule Book.
- Teams are provided with score cards – these must be filled in by the team naming all the team players, handed to the umpires for the score and signature of both umpires and captains and handed to the Fixtures Secretary.
- Any new players details – Name, Address etc. must be entered on the reverse of the card.
- Teams pay 1 umpire £10 per match.

## **Protocol**

Opponents normally shake hands at the end of the game and 3 cheers is issued for the opposing team and umpires thanked.

## **Helpful Information**

The league also has an email address – [lowestoftnetball@hotmail.co.uk](mailto:lowestoftnetball@hotmail.co.uk)

Norfolk County website - [www.norfolkcountynetball.com](http://www.norfolkcountynetball.com)

England website – [www.englandnetball.co.uk](http://www.englandnetball.co.uk)