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CAMPUS
SPORT



NETBALL

2016-17

INFORMATION

BOOKLET

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Photo taken at the Awards Evening 2016

Welcome...

The University of Manchester Campus Sport Netball League

Hello and welcome to this year's Campus Sport Programme. Campus Sport activities are focused on providing an easy way for our staff and students to take part in sport at a level that suits you. Our very popular leagues provide an opportunity to be part of a team playing regular fixtures in a range of sports. We also have Our FREE participation programmes; Hall Sport includes many fitness based activities including supported training for users of the residential gyms. This offer is exclusively for students living in Halls. To register for over 30 hours of free sport please visit our website <http://www.sport.manchester.ac.uk/sport/hall/>

Our other new FREE programme called SPORTICIPATE and offers drop in sessions in a range of sports and activities. We are also planning some large scale SPORTICIPATE events and Learn To beginner sessions throughout the year. To register please visit the website. <http://www.sport.manchester.ac.uk/sport/sporticipate/>

The SPORT Office staff are on hand if you have any questions about sport, health and fitness opportunities at the University and there is a wealth of information available online also at www.manchester.ac.uk/sport so there are no excuses for not getting involved!

In the 15/16 season Management took the title in Division 1 and Mathsoc clinched Division 2. As ever, we're looking for new umpires to join our team of trainee umpires, please get in touch if you are up for the challenge!

I hope you enjoy taking part in the netball league this year and look forward to seeing you around in the near future. Please feel free to use the details in the back of this handbook to contact me by phone or email or drop into the SPORT Office.

Best of luck with your season,

Andy Ellison
Sport Development Officer (Campus Sport)



SPORT:Manchester – Purple and Proud!

General Information

All games will be played at the Sugden Sports Centre, Grosvenor Street, M1 7HL. Each team will be issued a set of fixtures that will ensure they play every team in their division.



Campus Sport Forums

All Campus Sport leagues will have two sport forums a year where all team captains will have the opportunity to provide feedback to SPORT. Captains are expected to attend these meetings or send a representative.

Registration and Insurance

All players must be current students or staff members and have to be registered; you will be provided with a team registration form. **This needs to be returned to the league coordinator before the first fixture.** There is a fine for late returns.

You must register a minimum of 12 players – none of which may be registered with another team in your division. Players must only play for the team for which they are registered.

Playing Up/Down

When teams have multiple teams in the league/s a player must only play for one team in an evening. Playing up is permitted if required, but 1st team players cannot play down i.e. 1st team players cannot play for 2nd teams.

Adding Extra Players

Any player you wish to add to your squad after the initial submission of the player registration form will be charged £2 per player. Email an updated registration form to the league

coordinator and pay the £2 charge at the sport office reception.

Ringers

No ringers are permitted. A ringer is defined as a person who plays for the Athletic Union BUCS squads. Players from the development squad are permitted.

Match Procedure

Matches will take place at **6.30pm, 7.30pm, 8.30pm and 9.30pm**. Please arrive on time. A 55 minute slot has been allocated and games need to be finished within that time. Time for a 5 minute warm-up has been included.

Prior to the game start, teams must give their **£5 match fee** to an umpire – this fee will cover the umpire cost and games will not start until this fee has been paid.

Games are 40 minutes long. This is played as four quarters of 10 minutes with 1 minute between quarters and 2 minutes at half-time. Games will be ended at 25 minutes past the hour, regardless of the time on the stopwatch, so the court is free for the next game.

Equipment

Netballs and bibs are provided for the league and will be distributed before play by the league coordinator. Please return them after your match. If you want to use your own netball, please agree with the other team and the umpires before commencing play.

Cancelling Matches

If a team cancels a match, the walkover score (20 – 0 win) will be awarded to their opponents. Teams who cancel matches with less than 24hours notice, will be charged £10 to cover the umpire fee and may be charged the court hire for the hour (£25). This fine must be paid to the league coordinator at your next fixture. If a team cancels twice they risk being expelled from the league.

Failure to Show

If the opposition fails to show for a fixture, then you may use that court time to practice and the walkover score will apply. If a team is more than 10 minutes late after the court booking time, then the game will be void and a walkover awarded to the team that arrived on time.

Posting Results

Both teams must ensure the umpires have completed a match card. This card is handed to the league coordinator.

Points will be awarded as below:

- 3 points for a win
- 1 points for a draw
- 0 points for loss
- 1 point for no show/late arrival

Player of the Match

Each team is to nominate a “player of the match” from the opposition; this player then needs to legibly **print** their name on the match card. The player with the most “player of the match” nominations will win “player of the year” and will receive an award at the end of the season. (One awarded per division).

First Aid

First aid for the league is provided by the sports centre, who will have trained staff on hand to treat any injuries and/or to refer injured persons for further treatment at a medical establishment – report to the reception desk for assistance. Ensure the sports centre staff fills in an accident report form.

Injury Time

As games must be completed within the 55 minute slot, injury time will be limited – all games will be stopped at 25 minutes past the hour.

Awards Evening

The year finishes with an awards evening, which all players, managers, coaches, captains, officials and supporters attend.

Player Conduct

Players who conduct themselves in a rough and/or dangerous manner, who persistently rule-break or who repeatedly hold up play may be given a warning. If a player who has been warned continues to play dangerously or is persistently and/or deliberately breaking the rules, they may be suspended, this can be for a short time (i.e. to the next goal) or ordered off for the whole game (if a player’s behaviour is dangerous and/or unacceptable). Any dangerous incidents or aggressive players will be reported to the league coordinator. Repeat incidents may result in the player being banned from the campus netball league.

SPORT expects all individuals and teams involved in sport to participate showing sportsmanship, respect, consideration and appreciation towards their opponents, team-mates, officials and University staff at all times.

Under no circumstances should you react in a violent manner nor use any form of foul and abusive language, whether it is directed at a member of staff, match official, opponent, playing colleague, team official or spectator.

Individuals signing the player registration form are agreeing to abide by this code of conduct and will accept that any deviation from these rules will result in disciplinary action being taken by The University of Manchester. Please ensure you behave in a professional and responsible manner at all times.

The umpire’s decision on any issue arising immediately before, during or immediately after the game is always final.

SPORT ask that players respect the match officials and raise any issues with the league coordinator or Sport Development Officer for Campus Sport after the game.

At a Game

- Only 12 players are allowed per game (7 players + 5 substitutes). Any more is excessive.
- Notify the league coordinator when your team has arrived, hand in your match fee and ask for a set of bibs, if required.
- Make sure your team is not courtside until the prior game has ended. It is safer and easier for all teams to meet and wait on the balcony
- If you are intending to do a warm-up, make sure you arrive in plenty of time so that you are on court as soon as the previous game has finished; however, please don't gather at the court-side whilst a game is in progress as the space is very limited – thanks!
- The captains of each team must toss a coin for the first centre pass (the winner may choose to take the first centre pass *or* may choose which direction to play in).
- Together with the opposition captain, make yourself known to the umpires before the game and notify the umpires which colour bibs each team is in and which team is taking the first centre pass.
- Ensure all your players understand what they can/cannot do in relation to the umpires and what is meant by unwelcome conduct. We all want our players to be enthusiastic but this needs to remain disciplined also, for the benefit of your game and the league as a whole.
- Ensure your players treat each other, their opposition and, of course, our umpires with respect – as a captain you must accept a degree of responsibility for your players' behaviour.
- If there is an issue, only the captain should approach the umpires in an interval of play to discuss the matter. If a player on your team has an issue, make sure they explain it to you and **only you** approach the umpires.
- Ensure your vice-captain (appoint one if you haven't got one,) is aware of these rules, in case you are unavailable for a game or have to leave the court for any reason.

After a Game

- Hand back to the league coordinator any equipment (i.e. bibs/ball) you have borrowed.
- Along with the umpires, make sure the score has been filled in on a match card.

The league has a website which includes a league table for each campus league so you can check your progress throughout the year. Check this each time you play to make sure your score has been recorded correctly and notify the league coordinator of any corrections.

Rules (summary)

1. Teams are allowed seven players on the court at any one time. Substitutes are **only** allowed for injured players or between quarters.
2. Netball is a non-contact sport.
3. Play starts from the centre circle.
 - a) Only the centres can be in the centre third of the court at the centre pass until the whistle is blown.
 - b) The ball must not be thrown over a third of the court without being touched.
 - c) The landing foot can only be used to pivot on, it must not be moved / lifted and placed back on the floor before the ball is released.
 - d) It is the umpires decision as to when a player has the ball in control, judgement is based on the full list detailed in the England Netball rules.
 - e) Players must be 3ft (90cm) away when marking.
 - f) Only the GA and GS can score from within the D.
 - g) Only the GD and GK can defend the goal in the D.
 - h) Any player with or without the ball shall be offside if the player enters any area of court other than the playing area for their designated position. (This includes retrieving the ball).
4. For safety reasons, **no** jewellery (excepting medical bands, which must be taped down securely and brought to the umpire's attention) or inappropriate clothing or

footwear is allowed to be worn when playing.

5. Nails should be short and smooth. The umpires will check players' nails prior to the game. *Players found to be in breach of rules 4 and 5 will be asked to leave the court so that the game may be started and will return to the court **only** under the umpire's agreement. Time is limited so games will go ahead at the stated time regardless.*
6. All players must be registered.
7. The decision of the umpire is final on all issues before, during and after the game.
8. Full England Netball rules can be purchased via the website www.england-netball.co.uk. A copy of the Official Netball Rules from England Netball is kept in the league kitbag for reference.

Persons under the influence of alcohol or other intoxicating substances are not permitted to participate in sport activities at the University nor are these substances permitted on University Sports Grounds. Such action is a breach of Health & Safety policy and of the SPORT insurance policy terms and as such will result in disciplinary action by The University of Manchester.



Captain's Responsibilities

As a captain/manager, you are responsible for ensuring your team has all of the information necessary to take part in the league.

Prior to Games

- Make sure all of your players are registered – to do so they must be listed on your team's player registration form. Unregistered players will not be allowed to participate.
- Make sure your players all know where they are going for a game, especially those who have not played before; it is a good idea to meet somewhere and travel to and from each game as a team, especially for personal safety on dark nights.
- Make sure your players have a copy of the fixtures and have contact details for each other so that, in the event of a problem, they are able to contact someone.
- Read any information provided on the league website, by email from the Sport Development Office or the league coordinator and on each game day itself to keep yourself and your team informed.

**NB. Don't forget to follow
The University of
Manchester Campus
Netball facebook group
for weekly updates on
match winners and players
of the match!**

Umpiring

As the umpires will be trainees from the teams, it is important that they are fully supported so that they can give the best service to teams during games. For this reason, any player, team official or spectator who abuses an umpire in any way will be dealt with severely. The umpires are there to enjoy the league and each game as much as anyone else is and how they are treated impacts on our ability to recruit and retain umpires.

However, if there are insufficient volunteer umpires to cover all of the games, teams will be responsible for providing an umpire – in this instance, an umpiring rota will be drawn up to detail which teams should provide the stand-in umpires and when.

If you are **interested in becoming an umpire contact the league coordinator**. You will have to attend a pre-season umpiring induction.

Sport Volunteer Scheme

As captain you will put a lot of time and effort into organising your team. These volunteering hours can be logged as part of the Sport Volunteer Scheme.

This is a University run scheme, which documents your volunteering so that it appears on your transcript.

There are also SVS goodies available for logging a set number of hours, and further support with umpiring/officiating courses.

To become part of the scheme contact the Sport Development Coordinator (Volunteers)

Ellen Stephenson

sportvolunteer@manchester.ac.uk

0161 275 6988

or visit

<http://www.sport.manchester.ac.uk/sport-volunteer-scheme>

to find out more.

Preseason Checklist

| Item | Due | Done? |
|---|----------|-------|
| Register/pay for your team's entry | 03/10/16 | |
| Attend the Captain's meeting | 04/10/16 | |
| Return the player registration form | 10/10/16 | |
| Check all details are correct in online software | 04/10/16 | |
| Give fixtures list to all players | 07/10/16 | |
| Check details for first game of the season with your team | 07/10/16 | |

Campus Sport Netball League Calendar 16/17

| Date | Time | Activity | Venue |
|-----------------------------|----------------------|--|--|
| 04/10/16 | 5.30pm–6.30pm | Campus Sport Forum 1 – Captains meeting | Sugden Centre (<i>above reception</i>) |
| 04/10/16 | 6.30-8.30pm | Umpire taster session | Sugden Centre |
| 05/10/16 – 14/12/16 | 6.30pm-10.30pm | League (semester 1) | Sugden Centre |
| w/c 03/10/16 – w/c 27/03/17 | Part of SPORTICIPATE | Free Netball participation sessions | Armitage & Sugden |
| 01/02/17 – 29/03/17 | 6.30pm – 10.30pm | League (semester 2) | Sugden Centre |
| Semester 2 (tbc) | 10am – 5pm | Tournament | Sugden Centre |
| March/April 2017 | N/A | Campus Sport Forum 2: <i>League feedback process</i> | <i>online</i> |
| w/c 08/05/17 (tbc) | doors 7.30pm | Presentation Evening | tbc |

Campus Sport Netball Tournament 15/16

Each year in March, Campus Sport holds a netball tournament for staff and students at The University of Manchester. The 2015 Tournament was a fantastic event with teams taking part from across all 3 divisions. There were prizes available for mini-competitions held over the BBQ lunch-break and the Tournament itself was won by StaffNet, with Chemistry winning the plate competition.



Further details for the Netball Tournament 16/17 will be released during the autumn term all teams can sign up to take part in Semester 2. In the meantime, if you would like to ask any further questions about the netball tournament or any of the other activities that the Campus Sport Programme runs, please email campusnetball@manchester.ac.uk.

Above all, we hope that all players, teams and officials enjoy the netball league and we will work together throughout the year to ensure this.

If you have any questions or problems at any point about any aspect of SPORT at The University of Manchester, please get in touch with a member of SPORT staff, our details are on the next page of this handbook.

As ever, please remember – it's a fun league, so have fun!

Useful Contacts 16/17

| Campus Sport | | | |
|---|---|-------------------------------|----------------------------------|
| Name | Position | Telephone | E mail |
| Andy Ellison | Sport Development Officer, Campus Sport | 0161 275 5991 07768 122236 | campus.sport@manchester.ac.uk |
| Amy Major | Division 1&2 Coordinator | 07794 580018 | campusnetball@manchester.ac.uk |
| Ler Yin Lin | Division 3 Coordinator | 07754 100375 | campusb2netball@manchester.ac.uk |
| Sugden Sports Centre | | 0161 200 4026 | |
| Facebook page: University of Manchester Campus Netball http://www.sport.manchester.ac.uk/netball-league/league-and-fixtures | | | |

| SPORT Office (<i>office hours 9.30am-4.30pm Mon-Fri</i>) | | | |
|--|---|---------------|----------------------------------|
| Name | Position | Telephone | E mail |
| Reception | | 0161 275 4962 | |
| Gail Heathcote-Milner | Sport Development Officer, Health and Fitness | 0161 275 5985 | health.fitness@manchester.ac.uk |
| Ellen Stephenson | Sport Development Officer, Volunteers | 0161 275 6988 | sportsvolunteer@manchester.ac.uk |

The SPORT Office is situated on campus in William Kay House (top floor), opposite the Students' Union. If you have any problems with access to the office please phone for advice.

Coach Development and Volunteering Opportunities

For further information about how to get involved with coaching or volunteering within sport, please contact:

Sport Development Officer
Ellen Stephenson
sportsvolunteer@manchester.ac.uk
0161 27 56988

