# EAST MIDLANDS

# REGIONAL JUNIOR LEAGUE

# RULES & REGULATIONS 2025-26

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**OVERVIEW**

The Regional Junior League (Junior League) is a league competition organised by the region to enable clubs to compete against each other to determine regional winners, whilst encouraging participation and development in netball through an open, fair, progressive, and transparent league structure.

The Junior League is the feeder competition for the National Clubs Finals and the Winner and Runners up shall be the region’s nominees.

These regulations set out below outline the Rules and Regulations ('The Regulations') which govern the operation of the Junior League.

The Regulations must be followed by all teams, players, officials, spectators and administrators in the management, administration, and operation of Junior League.

**1. STRUCTURE OF THE LEAGUE**

1.1 The Junior League will be contested between as many teams as shall be determined by the Competition TSG from time to time. There will two sections – U14 and U16. There will be one division in each age group for the 2025-26 season.

1.2 The number of teams in each division will be ten teams.

1.3 Where possible, matches will be played at one or more central venues to be determined by the Competition TSG and any remaining matches will be played on a home/away basis~~.~~

1.4 The season's schedule of matches is to be organised with a fair allocation of starting times and playing arenas (where appropriate) at the discretion of the League Secretary.

1.5 The Competition TSG will have the power to determine the penalty to be imposed on teams and players who are in breach of these Rules and Regulations. Such penalties include reprimands, the deduction of league points, fines, suspensions and expulsion from the competition, except as specified in 5.1.4 – 5.1.7.

**2. ORGANISATION AND ADMINISTRATION**

2.1 The Junior League shall be governed and managed by the Regional Management Board (RMB), which may delegate its powers and authority in this respect to any sub-committee or individual(s).

2.2 The decisions of the Regional Management Board, or its nominee(s), in respect of these Rules and Regulations and on any other matter related to the Junior League which is not provided for below, shall be considered final and binding on all parties (subject to the right of appeal which is specifically provided for under England Netball's Disciplinary Regulations).

2.3 These rules and regulations shall be subject and secondary to the application of England Netball’s rules and regulations, especially World Netball Rules of the game.

2.4 It is the responsibility of all Team Managers, Coaches and Captains to ensure that all Participants are conversant with the rules and regulations and the England Netball Codes of Conduct.

2.5 GDPR – Data Protection: Any personal data provided by the clubs will be used for this event only. It will be destroyed after the event and not shared with any third party.

2.6 Prior to the start of the Junior League, the League Secretary shall announce the following:

2.6.1 The Competition Referees; and

2.6.2 The person appointed to receive appeals against the Competition Referees’ Decision, as outlined in section 7

2.7 The Competition Technical Support Group (TSG) may alter the named Competition

Referees during the Competition. If a change is made, the League Secretary through their best endeavours, will notify all teams.

2.8 All clubs will be held responsible for the overall conduct (behaviour, demeanour and actions) of all members associated with the club (players, officials and spectators).

**3. PLAYER/TEAM ELIGIBILITY**

3.1 **TEAM ENTRY & ELIGIBILITY**

3.1.1 Application for entry to the Junior League shall be open to any club which is an active club registered on the England Netball membership system, and which is situated within the boundaries of a County Association that is a member of the Regional Association - unless otherwise agreed by the Regional Management Board. Applications will only be considered from teams who do not play in any other Regional Junior League.

3.1.2 Entry to the Junior League will be determined by the RMB at its absolute discretion, subject to its reasonable application of the rules and regulations laid out herein, and having due regard to the playing standard of teams which wish to participate. In the same way, such casual vacancies as may appear from time to time will be addressed by the Competition TSG in whatever way it sees fit.

3.1.3 A club may only have one team in the Junior League.

3.1.4 The Region is entitled to charge an entry fee to compete in Junior League, which must be paid in full within the permitted timescales to be eligible. This charge will include the costs associated with appointing the umpires where these are allocated by the region.

The match fees must be received in 3 installments, and funds cleared, by 8th August, 7th November and 7th January. The amount to be paid will be advised once the hall fees are confirmed by the venue. (For penalty see 5.1.7).

3.1.5 By entering a team in the Junior League, teams agree that:

3.1.5.1 they are able and willing to fulfil the costs and commitments of participation in the Junior League.

3.1.5.2 they will fulfil their obligations and responsibilities set out in the Regulations including providing an umpire where necessary.

3.1.5.3 they are bound by the Competition Regulations.

3.1.5.4 they are bound by all the rules, policies, regulations, and by-laws of England Netball, including the England Netball Code of Conduct and Disciplinary Regulations, as may from time to time be in force.

3.1.5.5 They will participate in a sporting manner and play within the spirit of the game.

3.1.5.6If they qualify for the National Finals, they will attend.

3.1.6 All teams must register a minimum of 12 players.

3.1.7 Teams who progress to the National Finals must provide a Primary Care Person who is qualified to diagnose and treat with a first aid certificate as a minimum requirement. England Netball will require evidence of this qualification.

3.2 **PLAYER/TEAM OFFICIAL ELIGIBILITY**

3.2.1 Any club who knowingly and deliberately provides false information regarding the identity of players when registering players or naming players on team sheets will forfeit their entry fee and may be expelled from the competition. Disciplinary action may be taken against the club.

3.2.2 In order to qualify to participate in the Junior League, all players and coaches must be a full member of England Netball as a personal adult/junior member having paid the full membership fee due and received confirmation of their membership in advance of submitting the Registration Form (or not less than four (4) days before taking to the court after the season has started). Individuals may register on the England Netball membership system via

one of the following routes:

3.2.2.1 Players: Through membership to the club they are representing

3.2.2.2 Team Officials: Through a club or membership directly to England Netball

* + 1. For the U16 League:
       1. All Players must be over thirteen (13) years of age and under the age of sixteen (16)

years old as at 11.59pm on 31st August prior to the commencement of the playing

season in which the National Finals take place. Players under the age of fourteen

(14) must have completed the Age Banding Consent Form and submitted this along

side the Squad Registration Sheet for the National Finals. Anyone under the age of

11 is unable to compete in the competition.

For the U14 League:-

* + - 1. Players must be over ten (10) years of age and under the age of fourteen (14)

years old as at 11.59pm on 31st August prior to the commencement of the playing

season in which the National Finals take place. Anyone under the age of 11 is unable

to compete in the competition.

3.2.3.3 If challenged players under the age of 18 should be able to provide proof of age

Proof of age comprises of one or more of the following:

a) Copy of birth Certificate

b) Copy of passport

c) Copy of medical card

3.2.4 An adult who holds an EN DBS and safeguarding qualification MUST be present at all matches, for safeguarding purposes.

3.2.5 The England Netball Premier League competition is in the female category as per the EN Gender Eligibility & Participation Policy. Only individuals who meet the eligibility criteria be included on the team registration sheet as a player. For information on eligibility based on gender, please visit section 7 (Female Category) of the England Netball Gender Eligibility & Participation Policy.

Any player who takes to court without meeting the above criteria will be defined as an ineligible player and the team will be sanctioned in line with regulation 5.2.2.2

3.2.6 England Netball recommends that individuals (player, coach, umpire) if pregnant, should only participate in accordance with the current England Netball guidance.   
Please see England Netball Insurance FAQs

3.2.7 All players named on the team sheet must be eligible to play.

3.2.8 Premier League players may not play in the Junior League except in exceptional circumstances with the written permission of the Competition TSG. Applications must be received by the League Secretary10 days before the fixture.

3.2.9 Teams must declare to the League Secretary players who are registered to any Premier League Team

3.2.10 England Netball’s ruling - the Junior League Qualifying Tournament and the Junior League both form part of the National Clubs Competition and therefore players cannot play for a different club in the National Finals should their club fail to qualify

However the region will allow players to change clubs for the new playing season, but if their new club qualifies for the National Finals, they will be ineligible to play

3.2.11 It is the responsibility of the teams to provide the Junior League Secretary with copies of the Premier League team sheets regardless of whether or not a registered player has been named on the sheet

3.2.12 Players will be ineligible to play in the National Finals is they have played for any other club in the Junior League which includes the Junior League Qualifying Tournament

3.3 **REGISTRATION OF SQUADS**

3.3.1 A separate Registration Sheet for each participating team must be completed fully and emailed to the League Secretary at least fourteen (14) days prior to the commencement of the Junior League

3.3.1.1 All team officials must be listed on ENgage

3.3.1.2 Only those players listed in the team on Engage and on the Registration Sheet, within the defined timescale, will be considered registered for that team.

3.3.2 Any additions to the squad must be lodged on ENgage and then emailed to the League Secretary on the Registration Form by 17:00 hrs on the Thursday prior to the fixture. Additional registration of players will not be accepted after 17.00 hrs on the Thursday after the team’s 6th game.

3.3.3 Once a player has been named on a Results Sheet they cannot play for another Regional Junior League team.

3.3.4 Teams may register as many players as they wish.

3.3.5 Each team must complete a Junior League Team Sheet and submit it to the Technical Officials table at least 15 minutes prior to the scheduled start time. Teams may declare up to twelve (12) players

**Note**: Senior Regional League and Junior Regional League are considered two distinct competitions

3.3.6 Players registered for the Junior League may only play for one club.

3.3.6.1 To allow player progression, players can also play in the Regional League for the same club, or a different club to the one they play for in the Junior League

3.3.7 A player and/or team cannot participate in more than one region’s Junior Regional

League/Competition, or in more than one region’s Senior Regional League/Competition within

the same season

3.3.8 Any Player that is also registered to an England Netball Premier League Team can only play a maximum of 25% (18 quarters) of the available quarters in the Premier League Competition. Once a player has taken to court for the 18th quarter, they are deemed ineligible to play in the Junior League and tied up to the Premier League team. Any player who plays in a Junior League fixture after playing in 25% of quarters in the England Netball Premier League will be sanctioned in line with these regulations

3.3.9 A player, once registered with a Super League team (VNSL), may not play in the Junior League.

3.3.10 Only players named on the Team Sheet at the beginning of the game will be allowed to play or sit on the team bench.

**3.4 Competition Venues –**

3.4.1 Matches will be played wherever possible on an indoor court. The courts must have adequate surrounds and surface, post protectors and have ancillary facilities, including changing and showering facilities for both teams and officials of both sexes, unless otherwise agreed by the League Secretary

3.4.2 Venues will be booked by the region and the cost for these will be included in the Match Fees

**4. COMPETITION ADMINISTRATION**

**4.1 Fixture Arrangements**

4.1.1 All matches must be played on the date, and at the time and venue specified by the fixture schedule

4.1.2 Teams are responsible for arranging their own travel and for the costs of this and should allow sufficient travelling time to cover any unexpected delays. Any team which fails to arrive within 15 minutes of the start time will forfeit the match, and the non-offending team will be awarded the points as winners by default.

4.1.3 Teams failing to take the court after an interval or stoppage will be penalised in accordance with the World Netball Rules of the Game

4.1.4 Matches will be played on an indoor court with adequate surrounds with ancillary facilities for approximately 30 participants, including changing and showering facilities, wherever possible, for both sexes.

4.1.5 If a team cancels a match:

* The non-offending team will be awarded five (5) league points for the match, and the team which cancels will have five (5) league points deducted from their total.
* The team which cancels will be liable to pay court costs which the Regional Management Board have incurred.

4.1.6 In the event that a match is abandoned for any reason, e.g., because of serious injury, the result of that match will be determined by Competition Referees, having regard to the score at the time at which play was suspended

4.1.7 Any team that withdraws from the league may be liable to pay the cost of ALL REMAINING court fees.

4.1.8 If an accident occurs at any match where a player, coach, official (umpire, Technical Official or Team Official), spectator or staff member is injured, the accident reporting procedure should be followed as detailed on

[www.englandnetball.co.uk/membership/insurance/report-a-claim/](http://www.englandnetball.co.uk/membership/insurance/report-a-claim/)

This procedure should be followed for ALL injuries and accidents where the game is stopped for longer than 30 seconds, regardless of whether or not medical treatment is given.

**4.2 Postponements**

4.2.1 No team may postpone or cancel a fixture without the agreement of the League Secretary which will not be granted except in extreme circumstances. Matches which are postponed due to extreme and unforeseen circumstances, e.g., flash flood, heavy snowfall, national agency travel advice, must be played as specified by the League Secretary. Injuries, illness (including covid-19), pregnancy, England Camps, NPL fixtures or county play days, school fixtures, non-affiliated/other netball competitions do not qualify as unforeseen circumstances.

4.2.2 If a team cancels/concedes a match:

4.2.2.1 The non-offending team will be awarded five (5) league points and 10-0 score for the match. The team which conceded will have five (5) league points deducted from their total and may incur a fine.

4.2.2.2 The team which cancelled/conceded may be liable to pay any costs which the non-offending team, umpires or OTSG has incurred subject to the determination of the Competition TSG.

4.2.3 In the event that a match is abandoned for any reason, (e.g., because of serious injury), the Competition Referee, or its nominee(s), having regard to the score at the time at which play was suspended will determine the result or rule the match should be replayed.

**4.3 Match Rules and Format**

4.3.1 All games shall be played to the World Netball Rules of the game currently in force in England at the time except where specific regulations may apply

**4.4 Match Timings**

4.4.1 All matches shall be of one hour’s duration (i.e., four quarters of 15 minutes each)

4.4.2 All matches shall have an interval of five (5) minutes at half time, and intervals of three (3) minutes at quarter 1 and quarter 3..

**4.5 Kit and Equipment**

4.5.1 Where a clash of colours is deemed likely by the umpires

4.5.1.1 Teams will toss a coin to decide who changes their kit/bibs

4.5.2 Both teams are responsible for providing a suitable match ball which should be supplied to the Table before the start of the match. The Umpires will decide which ball will be used for the duration of the match.

**4.6** **Match Officials (Umpires)**

4.6.1 In the event that an umpire fails to arrive, or is injured or taken ill during a match, the following procedure will be applied:

4.6.1.1 If another umpire of the appropriate standard is available then she/he will umpire the match

4.6.1.2 Failing that, the next best-qualified umpire should be used.

4.6.1.3 If the appointed umpire arrives too late and the game has already commenced, the umpire who started the game will continue for the entire match

4.6.1.4 Both teams must inform the League Secretary after the match. If the match has appointed umpires, the OTSG must also be informed

4.6.1.5 Replacement umpires who may be a team coach, are not allowed to coach during the match or at the intervals

4.6.1.6 The replacement umpire MUST be an active member of England Netball as listed on the Engage System

4.6.1.7 The League Secretary must be informed immediately after the match.

4.6.2 For U16 League - Neutral umpires, who have achieved the required fitness level will be allocated to each fixture by the Officiating TSG.

4.6.3 All teams in the U16 League will contribute to the umpires' fee and travel expenses via a payment which shall be determined by the Competition TSG and which shall be paid prior to the commencement of the league.

4.6.4 For U14 League- Teams will provide a non-playing C Award umpire or above from the list of League Approved Umpires provided by the Officiating TSG where possible. The umpires will be neutrally placed by the League. Each team is responsible for the travel expenses of the umpire they provide. The East Midlands recommend a fee of £15, plus travel expenses of 20p per mile.

4.6.5 For the U14 League, umpires will be neutrally place. However, umpires will umpire their own teams if the match they were scheduled to officiate is cancelled for any reason.

4.6.6 Matches within the Junior League may be used by England Netball for the purpose of umpire assessments and pre assessments.

**4.7 Technical Officials**

4.7.1 The Technical Officials are the Scorers and Timekeepers which shall constitute the

Officials Bench.

4.7.2 The Technical Officials do not need to have an EN membership and cannot carry any other role in match day

4.7.3 Each team MUST provide a competent scorer, either an umpire, technical official or a person with a working knowledge of scoring and the World Netball Rules. Scorers will be required for all fixtures.

4.7.3.1 The two scorers must sit together

4.7.4 Each team MUST provide a time keeper who is either an umpire, technical official or a person with a working knowledge of the World Netball Rules. Time keepers will be required for all games

4.7.4.1 The two time keepers must sit together

4.7.5 If agreed in writing (email is sufficient) between both teams, the one team can provide all Technical Officials for a fixture.

4.7.6 Technical Officials must record all game management on the Results Sheet. which must be verified by the umpires.

4.7.7 Technical Officials must remain neutral, may not coach or comment during the game and have no other involvement during the match.

4.7.8 Scorers and Timekeepers may not be members of the squad named for that match and must officiate for the whole game.

4.7.9 Scorers are required to use the official Junior League Score sheet

4.7.10 One of the Technical Officials provided by each team must be at least 18 years old

**4.8 Team Officials**

4.8.1 A team may have up to five (5) Team Officials. These will include a coach and at least one Primary Carer. All Team Officials must hold appropriate England Netball membership

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4.8.2 A Primary Carer:

4.8.2.1 where possible the Primary Carer should be qualified to diagnose and treat injury

or illness (for example, doctor or physiotherapist).

4.8.2.2 will be required to wear a form of designation which will be issued to each team on

their first entry into the league.

4.8.2.3 is permitted on the court during a stoppage for injury/illness of a player or blood issues

4.8.2.4 must advise the umpires if a player is too ill/injured to be removed from the court

within 30 seconds and/or if assistance is required

4.8.3 Team Officials may be fewer than specified and may therefore undertake several duties. However, primary carers must not also be players and it is preferable that they do not hold any other role

4.8.4 The Team Officials and up to five (5) players not on court shall constitute the Team Bench.

4.8.5 The Team Bench will be the area designated by the umpires at the start of the game.

4.8.5.1 This will normally be on the right-hand side of the post and at the team's

defending end.

4.8.5.2 Teams will occupy the same team bench throughout the game.

4.8.5.2 Teams should vacate their bench immediately after the match.

**4.9 Scoring**

4.9.1 Teams will be awarded league points as follows:

1. 5 points for a win
2. 3 points for a draw
3. 2 points for a loss within 5 goals of the winners’ score – i.e., 50-46 = 2 points,

50-45 = 1 point

d. 1 point for a loss with more than 50 per cent of the winners’ score

e. 0 points for a loss with 50 per cent or less of the winners’ score

4.9.2 A Junior League table for each age group will be compiled on the basis of the points awarded to each team.

Where two teams are level on points:

1. **Goal Average** (goals for divided by goals against) shall be used to determine their relative positions, i.e., the team with the higher Goal Average over the course of the season shall take precedence.
2. **Goal Difference** In the event that goal average does not differentiate between the teams, then goal difference shall be applied, i.e., precedence shall be given to the team with the greater difference between goals scored and goals conceded
3. **Greatest number of goals** In the event that Goal Difference does not differentiate between the teams, then the team with the greatest number of goals scored shall take precedence
4. **Aggregate score** In the event that neither goal average nor goal difference nor goals scored can differentiate between the teams, the aggregate score in the match or matches played between them over the course of the season shall be calculated and precedence given to the team that gained the most points.
   * 1. In the event that neither Goal Average nor Goal Difference nor goals scored can differentiate between the teams, the Competition Referees shall determine the means of differentiation

4.9.4 Where one of the teams has its Goal Average, Goal Difference or total number of goals scored affected by conceded fixtures, then all goals scored by and against conceding team(s) in all fixtures shall be omitted from the calculations of both teams level on points. Except where one of the teams level on points is the conceding team, at which point they assume a goal average of 0 and will be the lowest ranked team of those level on points**.**

**4.10 Registration of Results**

4.10.1 Both teams are required to complete an official Team/Result Sheet and Score Sheet during each match, entering the names of each player and indicating the position each player has played each quarter.

4.10.2 The two official Team Sheets must be checked and signed by both scorers, timekeepers, captains and umpires.

4.10.3 The completed Team Sheet and Scores Sheet must be sent by each team to the League Secretary, to be received by 5 pm on the Wednesday following the match. They can be sent by scanning/photographing and emailing to [junior.league.secretary@eastmidlandsnetball.co.uk](mailto:junior.league.secretary@eastmidlandsnetball.co.uk) Any team which fails to do so will be penalized (see 10.1.7).

4.10.4 Each team must also text their match result directly to the League Secretary no later than 7:00 pm on the day of the fixture of the match. Any team which fails to do so will be penalised. (See 10.1.7)

**5. COMPETITION REFEREES**

5.1 The Regional League Secretary, Junior League Secretary and the Competition TSG Chair have been appointed as Competition Referees by the East Midlands Netball Association for the Junior League.

5.2 The Competition Referees will have the authority and jurisdiction to make decisions on any matters arising throughout the Competition including, but not limited to:

5.2.1 altering or amending the playing schedule as necessary.

5.2.2 determining if there has been a breach of the Regulations and imposing an appropriate sanction, including, but not limited to:

5.2.2.1 the use of a player without an active England Netball Membership in a fixture

or fixtures will result in a deduction of three league points, but the result of

the fixture will still stand.

5.2.2.2 the use of an ineligible player will result in a deduction of 3 league points; the

result of the fixture will still stand. An ineligible player includes (but is not

limited to):

(a) an unregistered player

(b) a Premier League player without permission from the Competition TSG

(c) a Superleague player without permission from the Competition TSG

(d) a player who is under-age without submitting an age banding form

(e) a player who has played in another regional league

5.2.2.3 In the event that a team fails to play, the non-offending team will be awarded

5 points for the match and the offending team will have 5 points deducted

from their total (failure to play is defined as not playing a game, without prior consent from the League Secretary and with the opposition and officials expecting that the game would be played)

5.2.2.4 Failure to play on more than one occasion (e.g. failure to play in 2 league

` fixtures) could result in expulsion from the Junior League

5.2.2.5 (a) If a team cancels a game, the offending team will pay £80 to cover the

court costs ie an additional £40 to cover their opponent’s match fees

(b) Not texting the result through on the day - the fine will be the loss of 1

point

(c) Late or incomplete score sheet (including Premier League team sheets

where appropriate) - the fine will be the loss of 1 point

(d) Not providing a scorer or time-keeper - the fine will be the loss of 3 points

(e) Failure for the match fees to be received and funds cleared by the dates

specified will result in a fine of £5 per calendar week until payment is

received.

(f) Deliberately providing false information may result in expulsion from the

competition

5.2.2.6 Instances of unsportsmanlike behaviour or behaviour that brings the sport

into disrepute, including instances of Teams predetermining, or attempting to

predetermine, the outcome of a Match and/or the Competition.

5.2.2.7 Determine the score should any Match not be concluded due to any

unforeseen circumstance.

5.2.2.8 Any matter not covered specifically within the Regulations.

5.2.3 The Competition Referees may call upon, or delegate to, additional persons to assist

with the Competition or consult with other persons prior to making any decision.

However, the final decision and accountability for the decision will rest with the

Competition Referees.

**6. COMPETITION COMPLAINTS PROCEDURE**

6.1 All queries and complaints (a Complaint) should be directed to the League Secretary in the first instance, and these will be dealt with as follows:

6.2 Where the Complaint relates to the playing of a Match, the scoring, and/or its result, the relevant squad member or team official, must do the following:

1. Inform their opponents and the umpires of their complaint.
2. Mark the Score Card with the words “Under Protest”.
3. Attach a letter to the Score Card to explain the issue in full to the Competition Referees.
4. Send the marked Score Card to the League Secretary, within seventy-two (72) hours of the match.
5. The Competition Referees will decide what action should be taken.

6.3 The League Secretary will acknowledge receipt of the query or complaint and in conjunction with the other Competition Referees will make a decision on the matter within seventy-two (72) hours of receipt of the query or complaint. The Competition Referees’ decision in relation to decisions taken under clause 10.1.1 is binding apart from where parties to the complaint have the right to appeal the decision under Section 12 below

6.4 Where a Complaint relates to the governance or administration of the Competition by the Competition Referees or Technical Support Group, such complaints will be dealt with under the Complaints Procedure of the East Midlands Regional Association in place at the time of the incident.

6.5 Where the Complaint relates to the behaviour of an individual Player or Team participating, volunteering or individual attending a Match which could be considered as a Disciplinary Offence under England Netball’s Disciplinary Regulations, such complaints will be dealt with in accordance with the processes set out in England Netball’s Disciplinary Regulations

6.6 Complaints cannot be made in relation to a decision made by an umpire in line with the IFN rules of Netball

**7. APPEAL OF COMPETITION REFEREES' DECISION**

7.1 The decision of the Competition Referees in relation to a complaint submitted in accordance with section 6 shall be final and binding on all parties save that a party has a right to appeal in the following circumstances:

7.2 If the decision has a potential impact on a match result, a league table, or the outcome of the Competition; AND

7.3 If there has been a failure by the Competition Referees to follow or act in accordance with these Regulations and/or the Competition Referees reached a decision on the basis of an error of fact.

7.4 These are the only grounds of appeal and any appeal must be submitted in accordance with the Appeals Process set out below:

7.5       An appeal should be forwarded in writing from the appropriate member of the appealing Team to the person named prior to the commencement of the league as in para 1.6.2. The appeal should be received within 72 hours of receiving the decision.

7.6 The appeal shall be accompanied by a bank payment of £100 to East Midlands Netball, Account Number 32612291, Sort Code 40-30-24 which shall be refunded if the appeal is upheld or if there are any other extenuating circumstances. The Competition Appeals Committee (CAC) will decide whether the extenuating circumstance warrant the cheque being returned

7.7 The East Midlands Regional Association will establish a CAC which will consist of individuals that are independent of and not connected with the Competition. One of those individuals will be appointed as the Chair..

7.8 The Chair of the CAC will send of appeal to the opposing Team and any other Team the CAC believe could be affected by the outcome of the appeal. These Teams will be permitted seventy-two (72) hours, from the date the appeal notice is sent from the CAC to submit any evidence or submission that they wish the CAC to consider.

7.9 All submissions and evidence must be submitted in writing. The Chair of the CAC will have the discretion to determine the process, procedure and direction of the appeal.

7.10 The CAC shall meet and reach a determination within seventy-two (72) hours of receiving all the evidence and submissions.

7.11 The CAC will notify all the parties that made submissions and presented evidence of its decision and any penalties and sanctions imposed within twenty-four (24) hours of it reaching its determination. The CAC shall have the discretion to publish the decision through whatever means it considers appropriate.

7.12 The CAC shall have the delegated power of East Midlands Netball Association to make all decisions and impose and enforce any penalties and sanctions (including but not limited to, reprimands, the deduction of points, fines, suspensions and expulsions from the Competition) relating to the appeal.

7.13 The procedures set out in this section shall be governed by the Arbitration Act 1996 (the Act) and amount to a binding arbitration agreement for the purposes of Section 6 of the Act.

7.14 The parties also waive irrevocably their right to any form of appeal, review or recourse to any court or other judicial authority, or under England Netball’s Disciplinary Procedures Manual or otherwise, in so far as such waiver may be validly made.

7.15 The seat of arbitration shall be England, the language used shall be English and the governing law of the regulations and these proceedings under Section 3 shall be English Law.

7.16 If the circumstances require a decision to be taken sooner than provided for by this section, and all parties to the appeal consent, the timetable within which an appeal is raised, submissions made, and the decision taken can be shorter than seventy-two (72) hours stated in this Section. In such cases the CAC shall issue a revised directions timetable which shall be binding on all parties.

**8. MISCELLANEOUS PROVISOS**

**8.1 Close Range Photography**

8.1.1 Photography may take place any week, but anyone wishing to take photographs or videos must seek prior permission from all participants.

8.1.2 A Video and Photography Permission Slip must be completed and sent to the League Secretary with the Team Sheet

8.1.3 Flash photography and live streaming are not permitted.

**8.2. Health & Safety**

8.2.1 No first aid will be provided by the League.

8.2.2 It is the responsibility of each team to provide adequate first aid cover for its players and officials, and which shall also be made available to the match officials on request.

1. Umpires and bleeding. Umpires may stop the match when blood is noticed. The player

must leave to the court within 30 secs to receive treatment. The timekeepers must advise the umpires when 10 seconds remain.

1. Pregnancy, Gloves, Head Coverings Eyewear, Jewellery & Medic Alerts, Hair and

Medical Aids

England Netball Domestic Guidance must be followed and can be found in para 5

<https://www.englandnetball.co.uk/make-the-game/officiating/rules-updates>

1. Accident Reporting: .An England Netball Accident form must be completed for all accidents

and sent to England Netball. Alternatively an online form is available (<https://www.englandnetball.co.uk/membership/insurance/report-a-claim>

All participants acknowledge that participating in the sport of netball involves a risk of personal injury and by taking part in the East Midlands Junior League - whether as a player, team member, team official, other official or spectator - each participant does so at their own risk.

**8.3. Disclaimer**

East Midlands Netball will not be liable to any person, whether in contract, tort (including negligence) or otherwise for any direct or indirect loss or injury of any nature, howsoever caused and howsoever arising from the matters covered by these Regulations, providing that nothing in these Regulations excludes or restricts East Midlands Netball’s liability for any personal loss or injury caused by East Midlands Netball’s own negligence, the negligence of its employees, or for fraud.