

All games will be played to the latest INF rules. You can download a copy for reference.

Eligibility to Play

- All teams must submit a team sheet at the start of the season and are responsible to update us with any changes.
- No player may play in more than one league simultaneously
- No player may play for more than one team in their chosen league.
- If a “club” has more than one team however they should rank the teams in order of ability and players within the club may play up twice in a season. On the third time that player shall be re-registered with the higher-ranking team.
- A player may play “up” within a league but NO player may play “down” Limited to twice in a season on the third occasion said player will be re-registered with the higher ranking team.
- Guest Players may be used, but must be declared prior to the match. A Guest Player may only play twice in a season for any one team.
- Each team may only play 2 Guest Players per match in any league.

Transfers

A player may transfer to another team once during the season, however no transferred player may play for both teams in one week

Captains

Team captains must toss a coin to determine first centre pass and choice of ends then inform the umpires before the game commences.

Team managers must sign the score sheet at the end of the match as an agreement of the score and nominate a Player of the Match from the opposition.

We would expect adult team buddy's to help captains in the Foundation, Development & Youth Leagues.

Player of the Match (POM)

Foundation & Development teams will be given a POM STAR when they check in before their games. Each team nominates a player from the opposition after the game to give the star to. The player with the star comes to the table with her star and her name is recorded.

Youth, Youth Premier and Adult Premier need to nominate a player from the opposition. The captain should advise the table which player has been nominated before leaving the court area.

Kit

A full set of positional bibs (marked back and front), and team kit must be worn by all players, (these to be the same colour where possible). Should there be a clash of bib colour, the league will provide an alternative set of bibs if necessary.

Umpires

Adult Premier League Umpires must be qualified at a minimum of C level. Each team will organise and pay their own umpire (100 Dhs).

Adult Premier League Teams **MUST** all have access to a C award umpire or above (pre-assessed C is fine). You need to pay your umpire 100 Dhs.

It is the TEAM's responsibility to manage their umpire and ensure he/she knows which court they are on.

Eg Magic umpire is Emily, they play at 7.20pm and Emily umpires at 8.30pm and Magic pay Emily.

Youth Premier and Youth leagues will have an umpire appointed and team captains should pay an umpire 80 Dhs.

Development and Foundation Leagues will have umpires appointed and payment is made at the start of the season to the table so that umpires can be paid weekly by us.

Our leagues are a learning environment and games may be used to mentor trainee umpires and assessments of umpires at the leagues discretion.

League Matches

All Leagues will take place at Kings School Al Barsha.

Adult Premier League will play Mondays at either 7.20pm or 8.30pm. Games will be 4 x 15 minutes, with 2 minutes at quarter times and 3 minutes at half time

Youth Premier League will play Mondays at either 6.30pm or 7.20pm. Games will be 4 x 10 minutes, with 2 minutes at quarter times and 3 minutes at half time.

Youth League will play Saturdays at either 9.25am or 10.10am. Games will be 4 x 10 minutes, with 2 minutes at quarter times and 3 minutes at half time.

Development League will play Saturdays at either 7.45am or 8.35am. Games will be 4 x 10 minutes, with 2 minutes at quarter times and 3 minutes at half time.

Foundation League will play Fridays between 7.45am to 9.45am. Each team will play two games. Games will be 4 x 5 minutes, with 2 minutes at quarter times and 3 minutes at half time.

A hooter will sound the start of each match, quarter, half time, and the end, but play will start and stop on the umpire's whistle

Teams can take to the court with a minimum of 5 players, please read INF rules regarding late arrivals.

Cup/Plate/Bowl Competition

Teams will be placed in the Cup/Plate/Bowl competition at the appropriate time

Cup/Plate/Bowl games will be played in sets, each quarter is known as a set. Each set is played as a straight game, and teams change ends at the end of each set. Scores for each set are recorded and each set starts with zero score

Centre passes are decided at the start of the game, so the team winning the toss will choose which 2 sets they will take first centre pass out of the 4 sets.

Injuries

If an injury occurs, the injured player must be removed from the court as soon as possible, so that play can resume within 30 seconds.

A substitution can be made if a player leaves the court due to injury, and the opposition will also have the option to make changes at this point

Players

Teams can take to the court with a minimum of 5 players

Nails should be cut and filed short, and hair tied back

No jewellery should be worn and taped jewellery is NOT permitted

Trainers must be securely laced.

Players/teams are responsible for their own First Aid but ice will be available at the table.

Scoring

League Games – 6 points for a win, 4 points for a draw and 1 point for a loss. No points for conceding a match.

Bonus (all Leagues); 1 point for getting 50% of opponents score and 2 points for getting within 2 goals of opponents score.

NB Minimum of 5 goals scored by the losing team for Bonus points to be applicable.

Cup/Plate/Bowl Games – 2 points for winning a set, 1 point for drawing a set and no points for losing a set.

In the event of a tie on points goal difference (GD) will be applied (Goals For GF less Goals Against GA) will be applied. If still tied after goal difference GF will be used to rank the teams. In the event of a no show/conceded game, the team present shall wait 5 minutes before claiming the points for the match and a score of 20-0 (Adult Premier), 15-0 (Youth Premier & Youth) 10-0 (Development), 5-0 (Foundation) will be recorded.

Development League

Players must rotate through playing positions as follows :-

GK	GD	WD	C	WA	GA	GS	SQUAD OF 7 PLAYERS		
GK	GD	WD	SUB	C	WA	GA	GS	SQUAD OF 8 PLAYERS	
GK	GD	SUB1	WD	C	WA	SUB2	GA	GS	SQUAD OF 9 PLAYERS

As teams are playing one game per week a player will play a minimum of 3 positions each week and can start at the same position each week.

Foundation League - High 5 Netball

ALL players must rotate through all the playing positions as follows :-

SUB1 > GK > GD > SUB2 > C > SUB3 > GA > GS >

If your team only has two subs then they should miss out the SUB3 position and if they only have one sub then SUB2 should be missed out and if there are no subs then players rotate without subbing off. Please refer to the Rotation sheets.

Players **must** follow the rotation from their first match through each consecutive match on that day so that players get to play as many positions as possible each week. Teams can choose a different start positions at the beginning of each week. Printable rotation sheets are available to make this easier for you.

The main rules of netball are applicable in the 5-a-side game with the exception of defending.

PLAYERS ARE **NOT PERMITTED TO DEFEND THE BALL**, STRICT "ONE-ON-ONE" DEFENCE ONLY, MAKING SURE THEIR ARMS ARE NOT ACROSS THEIR PLAYER AT ANY TIME. THIS IS A CRUCIAL DIFFERENCE TO THE GAME AND IS RECOMMENDED BY THE TOP NETBALL PLAYING NATIONS AUSTRALIA, NEW ZEALAND AND ENGLAND. THE ONLY EXCEPTION TO THIS IS IN THE CIRCLE WHERE THE DEFENDER MAY DEFEND A SHOT AT GOAL FROM A 1M DISTANCE.

General

Players playing in our Leagues are expected to read and comply with the Code of Conduct for Players.

Coaches/spectators/parents associated with our Leagues are expected to read and comply with the Code of Conduct for Coaches/Spectators/Parents.

Umpires officiating in our Leagues are expected to read and comply with the Code of Conduct for Umpires.

Players should abide by the rules and accept the umpire decisions at all times.

Spectators/coaches should also respect umpire decisions and keep out of his/her path and off the court at all times.

It is expected that everyone should display good sportsmanship at all times.