



CHELMSFORD & DISTRICT JUNIOR NETBALL LEAGUE

HANDBOOK

2024-2025



www.chelmsfordjuniornetballleague.co.uk

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CONSTITUTION

1. The League shall be called the Chelmsford & District Junior Netball League.
2. The purpose of the Junior League is to provide and promote junior netball in a competitive and friendly manner.
3. The administration of the Junior League will be by a committee, which is elected at the Annual General Meeting.
4. A representative from each club shall attend the AGM. Non-attendance will result in a £15 fine.

Clubs will be entitled to one vote per team represented.

5. The Committee will comprise of: Chair, Vice-Chair, League Secretary, Assistant League/Fixtures Secretary, Registration Secretary, Fixtures Secretary, Treasurer, Safeguarding Officer, U10 Development League Secretary, Communications Secretary, Officiating Lead and Social Secretary.

The Committee has the power to co-opt further members as the need arises.

6. No Committee Member shall remain in any one position on the Committee for more than five consecutive years.
7. Committee meetings will be arranged by the Chairperson as and when necessary. A quorum for a committee meeting shall consist of 6 members.
8. The Junior League's bank will be Lloyds (formerly TSB).
9. Cheques must be signed by any two officers in accordance with the Bank's mandate.
10. The financial year of the Junior League will be 1st May to 30th April.
11. An independent accountant shall be appointed to inspect and scrutinize the League's accounts annually.
12. Rules as per Chelmsford & District Junior Netball League shall apply.
13. In the event of the Junior League winding up, any monies shall be donated to a charity or organisation dealing with youth to be named by the Committee in liaison with the Senior League.
14. Any participant wishing to play in the Chelmsford & District Junior Netball League must be a member of England Netball before playing.

RULES 2024- 2025

1. All games shall be played to England Netball Rules/Guidelines with the following exceptions:

Clubs are asked to remind all players that these rules include:

- No jewellery (except a covered Medi-Alert bracelet)
- No taped earrings
- No friendship bracelets
- Nails to be short and smooth
- Gloves with medical certificate
- Taped Dermal Piercing with medical certificate
- A Dexcom monitor on the arm to measure blood sugars covered by an appropriate arm band

2. **League Rules**

- 2.1 A League Entry Fee of £40.00 per team shall be paid prior to the start of every season. This is a non-refundable payment.
- 2.2 All new team entries will be automatically placed in the lowest division within that age group. However, a new team may request an assessment into a higher division.

3. **Venues**

- 3.1 All matches will be played at a League designated venue. The League will be responsible for booking courts. Clubs will be billed for League matches court hire annually on 30th September.
- 3.2 Beaulieu Lettings require 48 hours' notice to cancel a court. Failure to give 48 hours notice will result in the court costs being payable by the team cancelling the game.

4. **Duration of Matches**

- 4.1 Matches will be 4 x 10 minutes. The 1st and 3rd intervals shall be 2 minutes with 3 minutes at half time. Umpires are instructed to ensure that all clubs adhere to these times.
- 4.2 Persistent lateness should be brought to the attention of the Committee, and this will be dealt with accordingly.
- 4.3 All stoppages for illness/injury or blood on a player will be up to 2 minutes and the player concerned must leave the court. For more serious injuries, umpires may extend the time for the player to leave the court.
- 4.4 There will be a fifteen-minute break between matches to allow ease of traffic movement on and off the site.

5. **Playing Qualifications**

- 5.1 The Junior League age groups follow the school calendar, starting on 1st September and finishing 31st August.
- 5.2 For the Winter Season 2024-2025, Year 6 and older girls will be eligible to play 7-a-side netball. In addition, a maximum of three Year 5 girls may be registered in a Year 6 team to play full rules. The maximum number of Year 5 girls in any match would be

three. This would include any Year 5 girls playing up who would be allowed to play on a maximum of two occasions. Those Year 5 girls registered for a Year 6 team are not eligible to play in the U10 Development League.

From November 2024 to April 2025, Years 3, 4 and Year 5 players will be eligible to play in the U10 Development League.

6. **Player Registration**

- 6.1 £1 registration fee per player must be paid at the time of submission of Master Registration Sheets. For additional registrations during the season, the £1 fee must be paid at the time of the new player's details being submitted to the Registration Secretary.
- 6.2 All players must be registered with the League prior to the start of any League, Cup or Plate match. Additionally, at least 7 players must be registered per team.
- 6.3 The Registration Secretary will receive copies of the U10 Development League team's registration forms prior to the start of the U10 Development League and will be advised of any additional player registrations by the U10 Development League Secretary during the season to ensure that all U10 Development League players who play up for a Year 6 team, either in the League, Cup or Plate competitions are eligible to play. Any U10 Development League player who plays up in the main 7-aside league must have the correct registration papers. Only Year 5 players may play up for a Year 6 team.
- 6.4 In the case of late registrations, provided that the completed registration is received by the Registration Secretary in writing (post or email) by 5pm on Wednesday, then that player will be eligible to play on the following Saturday subject to clause 6.5 below.
- 6.5 The Registration Secretary will acknowledge receipt of the relevant documents within 48 hours.
- 6.6 A player may not play for a lower team than that stated on her registration form.
- 6.7 A player may only be registered to play in one age group or for one Club.
- 6.8 Final registration date is 1st March in the relevant playing season. Any requests for registration after this date must be addressed to the Committee in writing for consideration.
- 6.9 A player may only play for a higher team on 5 occasions. On the 5th occasion she will become a member of the next highest team in the Club that she plays for except when a player plays all five matches in the same higher team, in which case, she will become a member of that higher team regardless of its position in the club's order of teams. She will no longer be allowed to play for any other team in that season. Clubs will be notified by the Registration Secretary when the player has played up on the 4th occasion. Clubs will also be responsible for keeping a record of play-ups of their players.

Penalties for Infringements to Registration Rules

In the event of a team playing an unregistered player, the non-offending team(s) will be awarded the match points, plus the goals they have scored. The offending team(s) will lose any goals scored and will be fined £10 for each unregistered/ineligible player. In the event of both teams playing unregistered players, the game is declared void with no points or goals being awarded to either team. In addition, both teams will be fined £10.

7. **Player Transfers**

- 7.1 (a) A player may request a transfer to a new club up to the date for final registrations (Rule 6.9). The transfer procedure is as follows:
- the Club holding the player's registration completes a League Transfer Form, gives this to the transferring player who in turn passes to her new Club's Registration Secretary.
 - the new Club completes a new player Registration Form and submits this together with the Transfer Form to the Registration Secretary.
 - the Registration Secretary acknowledges receipt of the relevant documents.

This procedure must be completed PRIOR to the transferring player being eligible to play for her new club.

- (b) Any player transferring between teams/clubs during the season will carry over their playing up record from their previous team/club which the Registration Secretary will confirm in writing.

- 7.2 In the event of a Team or Club withdrawing from the League for whatever reason during the season, those players can transfer to other teams/clubs with the permission of the Committee but must re-register following the registration rules as set out above, even if the registration deadline has passed. All transferring players will carry over their playing up record.

Penalties for Infringements to Transfer Rules

In the event of a team playing an unregistered player, the non-offending team(s) will be awarded the match points, plus the goals they have scored. The offending team(s) will lose any goals scored and will be fined £10 for each unregistered/ineligible player. In the event of both teams playing unregistered players, the game is declared void with no points or goals being awarded to either team. In addition, both teams will be fined £10.

8. **Umpires**

- 8.1 All teams must provide a suitably qualified umpire for all matches.
- 8.2 For the season 2024-2025, the umpires shall have the following qualifications:

Year 10/11 - All teams	-	C Award or above
Year 9 - All teams	-	C Award or above
Year 8 – Division 1	-	C Award or above
Year 8 – Division 2	-	Into Officiating Award or above
Year 7 - All teams	-	Into Officiating Award or above
Year 6 - All teams	-	1 Trainee Umpire* or above

*A trainee umpire may be used by the home team. The other umpire must be IO or above.

Exceptionally, pre-assessed umpires of a lower qualification than that required may be used on games selected by the Officiating Lead for umpiring assessments.

Penalty for non-supply of suitably qualified umpire

Fine £10.00 for offending team

There will be no allocation of umpires by the League.

When a league fixture is cancelled both teams must ensure that they notify their umpire as well as the Fixtures Secretary. Failure to do so will result in the team paying the umpires fees.

8.3 The Chelmsford & District Junior Netball League recommends expenses for umpiring to be £15.00.

8.4 The Chelmsford & District Junior Netball League recommends that umpires only cover two games in a row and then take a game break before continuing with further games.

9. Scorers

9.1 All teams in Years 7 and above must provide a scorer for all league/cup matches. It is advised that the scorers for these matches stand together in a place requested by the umpires.

10. Result Cards

10.1 Clubs are responsible for the accurate completion of a result card detailing the following information:

- Date of match
- Age group of team
- Division (if applicable)
- Club name and Team name
- Opposition Club and Team name
- Players full name - clearly printed (in **BLOCK CAPITAL LETTERS**)

All the above must be completed PRIOR to the match to minimise delays to the umpires and the following games.

At the end of a match the umpires will complete the score and print their name and affiliation number on both result cards.

It is the responsibility of each team to place the results in the Result Box attached to the fence at the appropriate venue.

10.2 The Registration and Fixture Secretaries will deem the information written on the result card to be correct. No correspondence will be entered into to rectify any mistakes, unless it is to resolve a difference between the score information on both result cards. However, if both umpires agree, in writing, to the Fixtures Secretary that a mistake has been made and they confirm what the score should have been then that revised score will be allowed to stand.

Penalty for incorrect completion of result cards

Fine £10.00 - to be advised at time of offence

10.3 In the event of one team not attending on a match day, the non-offending team (i.e. the team at the designated venue) must complete their result card as above, and instead of the score, insert the words "opposing team did not attend" and post in Result Box. In addition, the non-attending team (if they had not previously advised their opponents of the cancellation) will reimburse the non-offending team with their expenses up to a sum of £15.

11. **Rearrangements**

11.1 No rearrangements allowed except:

- Extreme weather conditions (as decided by a committee representative after on-site court visit).
- Matters outside League control (e.g. facilities becoming unavailable).
- The consideration to cancel matches for extreme weather conditions will be made hour by hour.

11.2 Fixtures are to be set considering any potential clashes including:

- 11-plus exam (Year 6 League)

Any club that has knowledge of any potential date clashes must inform the Fixtures Secretary no later than 31 July (prior to the start of the season), thereafter no allowance will be made for any date clashes.

Should a team be affected by qualification of a School Team for the National Finals/Regional rounds (two or more players), they should contact the Fixtures Secretary and due consideration **may** be given for a fixture re-arrangement.

Any team that has entered the ERYL National Clubs U14 or U16 competition or players that are part of the selected squad for the county or satellite festivals, or Super League franchises (two or more players) may ask for a re-arrangement if the fixtures are scheduled on the same day as a Junior League match. They should contact the Fixtures Secretary no later than 4 weeks prior to the festival/tournament dates and a new date will be given for a fixture rearrangement.

12. **Results**

12.1 Points will be awarded as follows:

Win	5 Points
Draw	3 Points
Lose	2 points to losing team where 5 or fewer goals separate a team 1 point to a losing team where they score 50% or more of the winning teams' goals
Forfeited games	5 points to non-offending team

12.2 League positions will be decided on points. In the event of a tie on points, goal difference will apply. If the goal difference is the same, then goals scored will be the deciding factor.

12.3 **Cancelled/forfeited matches**

- Where a team cannot fulfil their fixture, they must, in the first instance, inform the Fixtures Secretary and then the relevant opposition Team Manager.
- Any team cancelling three league matches will be withdrawn from the League.

13. **Team Withdrawals**

- 13.1 Where a team withdraws from the League all their results will be null and void.
- 13.2 Where a club is permitted a third team in an age group and then withdraws them, they cannot then automatically be given a third team the following year. These team will need to reapply requesting a third team at the discretion of the committee.

14. **Cup/Plate Competitions**

- 14.1 All teams will be entered into the Cup/Plate Competitions unless teams choose to 'Opt Out'.
- 14.2 Players must have played in at least two matches for that Club (including Under 10 Development League) to be eligible to play in the Cup/Plate Competitions.
- 14.3 Each Competition will be a divisional split:
- Cup – Year 6, Division 1 teams in Years 7, 8, 9, and 10/11
 - Plate – Division 2/3 teams in Years 7, 8, 9, 10/11
- 14.4 Teams who are entered in the Plate Competition can choose to enter the Cup instead. If this option is taken, they will not be able to participate in the Plate Competition.
- 14.5 Each competition will be run as a tournament with two pools in each age group.
- 14.6 Draw will take place for Pools.
- 14.7 Semi-finals and Finals will be held:
- Winner Pool 1 v Runner Up Pool 2
 - Winner Pool 2 v Runner Up Pool 1
 - Final – Winner of both semi-finals
- 14.8 All League rules apply to Cup/Plate Competitions, with the following additions/amendments:
- If teams choose to “Opt Out” of the Cup they will not participate in the Plate Competition.
 - If a team withdraws at any point from the Cup/Plate Competitions after 31st December 2024 they will be fined £30.
 - If a team withdraws from either competition less than 48 hours prior to the tournament, they will be fined £50.
- 14.9 Umpires for cup matches shall have the following qualifications:
- | | |
|------------|---|
| Year 10/11 | – All teams – C Award or above |
| Year 9 | – All teams – C Award or above |
| Year 8 | – All Teams – C Award or above |
| Year 7 | – All Teams – Into Officiating Award or above |
| Year 6 | – All Teams – Into Officiating Award or above |
- 14.10 The committee will be responsible on the day for allocating the umpires for the Semi-finals and Finals.
- 14.11 In the event of a draw, in the semi-finals and finals, 2 minutes extra time will be played each way. Teams will toss a coin to decide the first centre pass/choice of ends. If the

score is still tied at the end of the extra time, the game will continue without indication that time is up, until the next goal is scored.

14.12 Registration Sheets will be completed for each team entered. These must be submitted to the Registration Secretary 72 hours before the start of the competitions to allow the Registration Secretary to check eligibility of the players listed. Teams wishing to make changes to their Registration Sheet must do so as soon as possible but no later than the day before the Competition.

14.13 If playing a non-registered/ineligible player, the team will be removed from the competition. They will also be fined £10 per non-registered/ineligible player.

14.14 Court costs will be covered by one entry fee per team. The fee will be confirmed once entry numbers are known.

15. Club Responsibilities

15.1 Clubs are reminded that they are expected to abide by the England Netball Child Protection Procedures and Policies, Codes of Conduct and Disciplinary Procedures.

15.2 All Junior Clubs participating within the league must have a named club safeguarding officer and a lead coach who must be over 18 and cannot be the same person.

15.3 In addition to the League Rules, clubs are reminded that they have a responsibility in all matches to:

- Supply a match ball (size 5).
- Wear clearly marked bibs (and have an alternative set in case of colour clash).
- Have available a First Aid Kit.
- Ensure their players wear suitable footwear.
- Make sure all players and spectators are familiar with England Netball Rules.
- Cut-off time for contacting teams and Committee Members (including cancellation of games) should be no later than 8.00pm.

15.4 All spectators should follow the code:

- Respect managers, umpires and players - both your own team and the opposition.
- Spectators are not permitted onto the court area.
- There will be no offensive language, remarks or behaviour.
- **NO** dogs must be brought to any League designated venue.
- **NO** Smoking/Vaping on school grounds.
- Litter and lost property, including water bottles, is to be removed by all clubs.

15.5 To aid administration for both Clubs and the Registration Secretary we would recommend that all Clubs register all players at the start of the season.

16. Miscellaneous

16.1 All fines must be settled by the League's AGM.

Penalty for non-payment of Fines

The committee may consider suspending a Team.

- 16.2 A breach of any rules not covered by a specific penalty will be dealt with at the discretion of the committee.
- 16.3 One named individual representative from each club can be sent to observe at a committee meeting in a non-voting role.

COMPLAINTS PROCEDURE

Every player involved in the sport of netball has a responsibility to themselves, their team, their club and the umpires, to behave in a sporting manner and not to bring the game into disrepute. CDJNL is committed to providing a supportive, friendly, safe and positive environment free from offensive behaviour.

Umpires have full control of the game and International Netball Federation rules apply.

If a player has a complaint against another player this must be brought to the attention of the umpires during the game. If it cannot be resolved within the game, then a formal complaint must be made in writing by the team's Safeguarding Officer, who must also have attended a Time to Listen course (can be emailed) to the League's Safeguarding Officer within 3 days.

Complaints regarding any team, umpire or supporter must be made in writing to the League's Safeguarding Officer, within 3 days from the game taking place.

All complaints will be acknowledged, and the League's Safeguarding Officer will request information from all parties concerned.

Initially all complaints made to the League's Safeguarding Officer will be heard by the Committee at their next meeting. No committee member will be in attendance if the complaint is about them or the club for which they are a member.

Once a formal complaint has been received about a player, team, spectator or umpire, the Committee will discuss and take the following action:

- (a) no case has been made, then no further action; and
- (b) if the case has been upheld then the Committee will determine the action to be taken and a response will be sent within 7 days of the committee meeting.

Any matter which relates to discipline will be dealt with under the procedures set out in England Disciplinary Regulations Manual.

- (a) The complainant must set out in writing the grounds for the complaint and full details of the alleged Disciplinary offence or other conduct that gives rise to the complaint. This formal written statement must be sent to the England Netball Compliance Manager.
- (b) A complaint should be sent within 28 days of the alleged incident or of the Complainant becoming reasonably aware of the incident, to the Compliance Manager.
- (c) On receiving a complaint, the Compliance Manager shall first determine whether England Netball has the jurisdiction to deal with it under the Disciplinary Regulations and will send an acknowledgement along with the jurisdiction decision to the Complainant within 5 days of receipt of the complaint.

TEAM CONTACT DETAILS 2024-2025

Club:	BRAINTREE YOUTH NC			
Colours:	Skirt:	Tops:	Bibs: White/Pink	Dress: Navy/Pink

Club:	BROOKSHAW STUART NC			
Colours:	Skirt:	Tops:	Bibs: Orange/Black	Dress: Orange/Black

Club:	CHELMSFORD NC			
Colours:	Skirt:	Tops:	Bibs: Mauve/Blue	Dress: Mauve/Blue

Club:	CONQUERORS NC			
Colours:	Skirt:	Tops:	Bibs: Blue/Red	Dress: Blue/Red

Club:	DOLPHINS NC			
Colours:	Skirt:	Tops: Purple	Bibs: Purple/White	Dress: Purple/White

Club:	EASTWOOD NC			
Colours:	Skirt: Purple	Tops: White	Bibs: White	Dress: Purple/ Black/ White

Club:	FLAMES NC			
Colours:	Skirt:	Tops:	Bibs: Red/Black	Dress: Black/Red

Club:	INFINITY NC			
Colours:	Skirt: Royal Blue	Tops: Royal Blue	Bibs: Orange	Dress: Royal Blue

Club:	KATS NC			
Colours:	Skirt:	Tops:	Bibs: Cerise/Black	Dress: Black/Cerise/Pink

Club:	SWAN NC			
Colours:	Skirt:	Shirts:	Bibs: Black/Purple/White	Dress: Black/Purple/White

Club:	TEGATE NC			
Colours:	Skirt: Navy	Shirts: Navy	Bibs: Green/Navy/White	Dress: Navy

UNDER 10 DEVELOPMENT RULES 2024/2025

The format will be two divisions: Year 5 Division, Year3/4 Division.

The U10 Development league will be played between September and May; the match dates will be set by the Under 10 Development League Secretary.

All games shall be played to England Netball Rules with the exceptions listed in the Chelmsford & District Junior Netball League Handbook. The following additional rules agreed for Under 10 Development League are detailed below.

Under 10 Development League

- No jewellery (except a covered Medi-alert bracelet)
- No taped earrings
- No friendship bracelets
- Nails to be short and smooth

Under 10 Development League matches will run concurrently with Junior League matches. They will be played in the sports hall when it is available. There will be a separate playing schedule.

1. LEAGUE RULES

- 1.1 A League Entry fee of £30.00 per team shall be paid prior to the start of the season. This is a non-refundable payment.
- 1.2 Court fees will be invoiced as main league.

2. VENUES

- 2.1 All matches will be played at a League designated venue.
- 2.2 The League will be responsible for booking courts.
- 2.3 Clubs will be billed for League matches in September.
- 2.4 See rules 3.2 and 8.2 in main body of rules to view cancellation policies.

3. GAME DURATION AND TEAM ROTATION

- 3.1 Matches will be 4 X 10 minutes (Total 40 minutes) with 2 minutes between sectors to allow for rotation of positions.
- 3.2 Before the start of play, positions are allocated by "picking a bib". This is to be overseen by the allocated umpires or a neutral official.
- 3.3 All squads to consist of between 7 and 9 players, with up to 2 boys allowed in each squad. Only boys and girls in school years 3, 4 and 5 are allowed to play in the Under 10 Development League.
- 3.4 All players should wear a bib denoting their position.
- 3.5 At the end of each quarter the positions are rotated according to the plan for 7,8 or 9 players:

7 Players – GS to GA to C to WD to GK to GD to WA to GS

8 Players – GS to GA to C to WD to GK to GD to Sub to WA to GS

9 Players – GS to GA to Sub to C to WD to GK to GD to Sub to WA to GS

The use of marked cones may assist the rotation process. This again is overseen by an umpire or a neutral official.

- 3.6 Only Year 4 players may play up into the Year 5 team. They may play up on three occasions. On the 3rd occasion they will become a member of the next highest team. Clubs will be notified by the U10 Development League Secretary when the player has played up on the 2nd occasion. Clubs will also be responsible for keeping a record of play ups of their players.
- 3.7 All stoppages for illness/injury or blood on a player will be up to 2 minutes and the player concerned must leave the court. For more serious injuries, umpires may extend the time for the player to leave the court.
- 3.8 Points are awarded as follows:
 - 5 points for a win
 - 3 points for a draw
 - 2 points for scoring 50% or more
 - Forfeited games 5 points to non-offending team.

4. Umpires and Scorers

- 4.1 Umpires can be Trainee and above (same as Year 6) and must umpire the whole match. A trainee umpire may be used by the home team. The other umpire must be IO or above.
- 4.2 The CDJNL recommends fees for umpiring be £15.00 per match umpired. Teams will be responsible for paying the umpires.
- 4.3 If a league fixture is cancelled both teams must ensure that they notify their umpire. The team cancelling should also notify the U10 Development League Secretary.
- 4.4 The umpires are requested to take on some additional responsibilities to their usual Umpiring tasks, specifically:
 - At the start of the game the umpires or a neutral official will oversee the picking of bibs for starting positions and also oversee that player rotations are completed in accordance with the rotation plan.
 - Each team to provide a scorer for the match. It is advised that the scorers stand together.
 - The umpires control the game, confirm the centre pass and time the match.

5. Player Registration and Result Cards

- 5.1 All teams must register players prior to the start of the League; to be done by completing the U10 Development League registration form. Additionally, at least seven players must be registered per team.
Refer to CDJNL rules 6.2 – 6.8 and 7 for all registration rules and penalties.
- 5.2 £1 registration fee per player must be paid at the time of submission of the registration form. For additional registrations during the season, £1 fee must be paid at the time of the new player's details being submitted to the U10 Development League Secretary.
- 5.3 Clubs are responsible for the accurate completion of a result card (Green) detailing the following information:
 - Date of match
 - Age group of teams
 - Division (if applicable)

- Club name and Team name
- Opposition Club name and Team name
- Players full name - clearly printed (preferably in BLOCK CAPITAL LETTERS)

All the above must be completed PRIOR to the start of a match and handed to the umpires. Umpires are instructed not to start a match without this information. At the end of a match the umpires will complete the score and print their name and affiliation number on both result cards.

Failure to complete the score card correctly will result in a penalty (see CDJNL rules 10.1 to 10.3).

- 5.4 The winning team will be responsible for recording the score. They should take a photo of both sides of both score cards. They will then be required to send the image via WhatsApp to the U10 Development League Secretary (privately).

DO NOT SEND score cards on the U10 WhatsApp group.

- 5.5 Once cards and registration are deemed to be correct the results and league tables will be updated and posted on the CDJNL web site.

DUTY OF CARE GUIDELINES

In line with England Netball specific Child Protection Procedures and Policies, and Codes of Conduct and Disciplinary Procedures (a full copy of which can be found on their website www.EnglandNetball.co.uk), the Chelmsford & District Junior Netball League offer the following suggestions to all teams:

- A copy of England Netball Child Protection Guidelines be available for all voluntary and parental helpers to refer to.
- Each team to have its own Child Protection Policy in place.
- A designated person within the club/team be available and approachable should the need arise.
- Secretaries/team managers/parental helpers to be aware of the position they are in, regarding what is considered acceptable behaviour whilst coaching or transporting their members.
- Spectators, parents, coaches etc should be aware of the difference between verbal encouragement and verbal abuse.

DATES FOR YOUR DIARIES

League Start Date	14 th September 2024
Cup Competition	10 th May 2025
Plate Competition	11 th May 2025
Presentation Evening	27 th June 2025
League AGM	10 th June 2025

www.chelmsfordjuniorNetballLeague.co.uk