

EASTWOOD RYDE NETBALL ASSOCIATION INC.

FOUNDED 1954



**NIGHT COMPETITION
HANDBOOK
2022**



Ryde-Eastwood Leagues Club

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RYDE-EASTWOOD LEAGUES CLUB

117 Ryedale Rd West Ryde 2114. Phone 9807 2444. www.releagues.com.au

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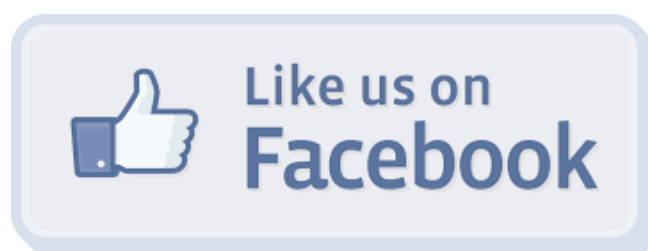


Eastwood Ryde Netball Association Inc.

ABN 46417012440
PO Box 522, West Ryde, NSW 1685
Website: www.ernanetball.com.au
Email: admin@ernanetball.com.au

Venue:
Meadowbank Park
Adelaide Street, West Ryde, NSW 2114
Phone: 9874 2190

WET WEATHER



**WET WEATHER NOTIFICATIONS WILL BE POSTED
ON OUR FACEBOOK SITE.**

ERNA LIFE MEMBERS

1975 Irene Pychtin *	1991 Norma Woods OAM *	2010 Nerida Cracknell
1977 Pat Goodchild *	1995 Margaret Rowland	2010 Dianne Morgan
1977 Valda Lalor *	1997 Joan Ryan	2011 Leanne Bates
1977 Neita Matthews OAM *	2000 Debra Hanson	2011 Stephanie Lower
1978 Anne Doring OAM	2004 Anita Keelan	2012 Harold Brooks
1979 Shirley Lazarus	2004 Megan Kocsis	2013 Lynda Calder
1982 Lynette Prowse	2004 Marilyn Latham	2014 Karen Waud
1984 Alice Prowse *	2005 Anne Stone *	2015 Jenny Rodgers
1986 Beverley Bonomi	2005 Pam Bauchop	2018 Katrina Doring
1987 Irene Gibson *	2006 Christine Nelson	2019 Diana Bills
1990 Joan Marscham *	2006 Lorna Humphreys	2020 Judy Watt
1991 Robyn Bates	2007 Donna Davey	2020 Sue Martin
* Denotes deceased	2007 Debbie Sivyer	

FOUNDATION MEMBER

Foundation Membership was awarded to the late Norma Woods OAM in 1987 for her outstanding services to Eastwood Ryde Netball Association Inc. since its inception in 1954. The late Norma Woods was awarded the OAM in 1991 for services to the veterans and youth of the district.

2022 EXECUTIVE

Position	Name	Email	Phone
President	Karen Waud	president@ernanetball.com.au	0403 198 858
Vice President	Allyson Hill	vicepres@ernanetball.com.au	0419 219 295
Secretary	Judy Watt	secretary@ernanetball.com.au	0431 975 565
Treasurer	Katrina Doring	treasurer@ernanetball.com.au	0410 507 079
Assistant Treasurer	Sonya Sparre	asstreas@ernanetball.com.au	0411 812 047
Coaching Convenor	Nerida Cracknell	coaching@ernanetball.com.au	0418 207 261
Competitions Convenor	Robyn Bates	registration@ernanetball.com.au	9868 4629
Representative Coordinator	Debbie Frankenberg	reps@ernanetball.com.au	0414 256 864
Selection Convenor	Julia Huxley	selections@ernanetball.com.au	0403 024 520
Sponsorship and Grants Coordinator	Anne Doring	sponsorship@ernanetball.com.au	0419 233 686
Umpiring Convenor	Jacquelyn Osborne	umpiring@ernanetball.com.au	0413 706 333

2022 NON-EXECUTIVE OFFICIALS

Position	Name	Email	Phone
Compliance and Safety Officer	Trevor Carlyle-Hoggan	compliance@ernanetball.com.au	0411 140 608
Ground Supervisor – MB Officer on Duty	Sue Woodhouse	suewoodybob@bigpond.com	0419 985 251
Division 1,2 Mixed 1,2 & Cadets	Christine Nelson	Phone Calls only 1-7pm	0408 229 915
11-15yrs	Pam Bauchop	Phone Calls 9am-8pm only gbauchop4@bigpond.com	0438 677 656
Member Protection Officer	Sutha Siva	sssutha@gmail.com	0411 110 014
Registrar	Sue Martin	registrar@ernanetball.com.au	0409 914 921

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2022 CLUB INFORMATION

Key: S – Club Secretary AP = Authorised Person to sign registration forms UC – Umpire Convenor

Club		Name	Mobile	Email
Alexanders Netball Club	S	Marilyn Latham	0416242056	alexandersnetball18@gmail.com
Alexanders Netball Club	A	Laraine Winter	0438533571	laraine.winter@mundipharma.com.au
Alexanders Netball Club	U	Marilyn Latham	0416242056	alexandersnetball18@gmail.com
Aquarians Netball Club	S	Anna Vaughn	0400361712	anna.vaughn@hotmail.com
Aquarians Netball Club	A	Lynda Calder	0432055575	alcalder@optusnet.com.au
Aquarians Netball Club	U	Xavier Calder	0431197735	xav.cal@hotmail.com
Carlingford Flames	S	Julie Cutler	0414989894	cflamessecretary@gmail.com
Carlingford Flames	A	Helen Moore	0412227912	carlingfordflames@gmail.com
Carlingford Flames	U	Rachael Fratzia	0490449078	cflamesumpire@gmail.com
Comets Netball Club	S	Susan Brownlow	0409041487	secretary@cometsnetball.com.au
Comets Netball Club	A	Debbie Frankenberg	0414256864	president@cometsnetball.com.au
Comets Netball Club	U	Janine Joannou	0403313537	umpires@cometsnetball.com.au
Dundas Central Netball Club	S	Sue King	0412650113	Ts29.king@gmail.com
Dundas Central Netball Club	A	Danielle White	0418299447	Danielle.white1@health.nsw.gov.au
Dundas Central Netball Club	U	Stephanie King	0402706411	steppijk@bigpond.com
Dundas United	S	Jorja Cambourn	0412318589	durccompsecnetball@gmail.com
Dundas United	A	Joanne Cambourn	0413297043	jcambour@bigpond.net.au
Dundas United	U	Joanne Cambourn	0413297043	jcambour@bigpond.net.au
Epping RAMS Netball Club	S	Stefanie Lam	0407620098	eppingrugbynetball@gmail.com
Epping RAMS Netball Club	A	Bronwyn Ryan	0403688149	bronwynnryan@gmail.com
Epping RAMS Netball Club	U	Lara Antonioli	0466589214	lara.antonioli@gmail.com
Ermington United	S	Zoe Gruber	0432094588	sec.netball@ermingtonunited.com.au
Ermington United	A	Natalie King	0413091696	Registrar.netball@ermingtonunited.com.au
Ermington United	U	Melissa Cantrill	0402241004	umpires@ermingtonunited.com.au
Gladesville Ravens Netball Club	S	Amanda Webster	0423789957	netball@gladesvillerravens.com.au
Gladesville Ravens Netball Club	A	Allyson Hill	0419219295	allysonh@gladesvillerravens.com.au
Gladesville Ravens Netball Club	U	Steve Moyes	0410276702	Moysie159@gmail.com
Halos - Ryde Hunters Hill Netball Club	S	Hilary Shaw-Bokeyar	0416155843	rhhhalos@gmail.com
Halos - Ryde Hunters Hill Netball Club	A	Helen Wilson	0408294394	helenkevans@hotmail.com
Halos - Ryde Hunters Hill Netball Club	U	Hilary Shaw-Bokeyar	0416155843	rhhhalos@gmail.com
India Avenue Sports Club	S	Chloe Siva-Jones	0402256600	indiaavenuenetballsecretary@gmail.com
India Avenue Sports Club	A	Chloe Siva-Jones	0402256600	csivajones@gmail.com
India Avenue Sports Club	U	Kristin Siva	0431275249	indiaavenuenetballumpiring@gmail.com
Marsfield Bluebelles	S	Lila Larsen	0450452304	bluebelles.netball@gmail.com
Marsfield Bluebelles	A	Cheryl Osborne	0430160976	bluebelles.secretary@gmail.com
Marsfield Bluebelles	U	Caitlin Gerrard	0487335197	bluebelles.umpiring@gmail.com
MLC School Netball Club	S	Lisa Filby	0412868352	lfilby@mlcsyd.nsw.edu.au
MLC School Netball Club	A	Leonie Stewart	0438412667	leonie@morethanmindfulness.com.au
MLC School Netball Club	U			
Newstars	S	Naomi Doring	0425204655	nomes_doring@hotmail.com
Newstars	A	Megan Kocsis	0418683858	megankocsis@optusnet.com.au
Newstars	U	Megan Kocsis	0418683858	megankocsis@optusnet.com.au
North Epping Rangers	S	Meaghan Fraser	0499172737	ner.netball.secretary@gmail.com
North Epping Rangers	A	Emma Willmott	0402250312	ner.netball.convenor@gmail.com
North Epping Rangers	U	Jacqui Hoggan	0417673627	ner.netball.umpires@gmail.com

North Ryde RSL Netball Club	S	Riette Filmer	0417279988	nrrsljuniorreg@gmail.com
North Ryde RSL Netball Club	A	Sharon Dinh	0401996186	president.nrrslnetball@gmail.com
North Ryde RSL Netball Club	U	Sophie Bowen	0466898111	nrrslnc.umpires@gmail.com
North Ryde Spirits Netball Club	S	Brenda Rosman	0401973933	nrsprits.secretary@gmail.com
North Ryde Spirits Netball Club	A	Michelle Wennen	0414835424	nrsprits.treasurer@gmail.com
North Ryde Spirits Netball Club	U	Breanna Rosman	0401974933	nrsprits.president@gmail.com
OLMC Parramatta	S	Stuart Guthrie	0437773308	stuart.guthrie@olmc.nsw.edu.au
OLMC Parramatta	A	Stuart Guthrie	0437773308	stuart.guthrie@olmc.nsw.edu.au
OLMC Parramatta	U	Madeline Burnett	0432048022	madeline.burnett27@gmail.com
Santa Sabina College	S	Jo Gocher	0409301885	sport@ssc.nsw.edu.au
Santa Sabina College	A	George Ayoub	0414915910	g.ayoub@ssc.nsw.edu.au
Santa Sabina College	U			
St Andrews	S	Sarah Gaunson	0429213613	secretary@standrewsnetball.com.au
St Andrews	A	Rachael Friery	0414350949	president@standrewsnetball.com.au
St Andrews	U	Sheree Napper	0405838790	umpiring@standrewsnetball.com.au
St Gerard's Netball Club	S	Donna Thomas	0400907270	stgerardsnetball@gmail.com
St Gerard's Netball Club	A	Pia Fenson	0432344830	stgnetballpresident@gmail.com
St Gerard's Netball Club	U	Pia Fenson	0432344830	stgnetballumpiring@gmail.com
St Kevin's Netball Club	S	Amy McCaffrey	0418619029	stkjuniornetball@gmail.com
St Kevin's Netball Club	A	Jon Butler	0438292493	stkjuniornetball@gmail.com
St Kevin's Netball Club	U	Laura Spurr	0410338110	stkjuniornetball@gmail.com
Villa Netball Club	S	Emily Reid	0411150049	villanetball@gmail.com
Villa Netball Club	A	Melanie Ivory	0404870254	Melanie.ivory@me.com
Villa Netball Club	U	Susan Muller	0400427729	andrewandsusanm@bigpond.com
West Ryde Rovers	S	Katrina Doring	0410507079	secretary@wrrnc.com.au
West Ryde Rovers	A	Sue Martin	0409914921	rego@wrrnc.com.au
West Ryde Rovers	U	Despina Hasapis	0419469180	umpires@wrrnc.com.au
Woolwich Netball Club	S	Jo Doornbos	0418162547	woolwich.secretary@gmail.com
Woolwich Netball Club	A	Sharon Smith	0403162025	woolwich.regos@gmail.com
Woolwich Netball Club	U	Maddy Clancy	0417249660	woolwich.umpires@gmail.com

2022 CALENDAR OF EVENTS

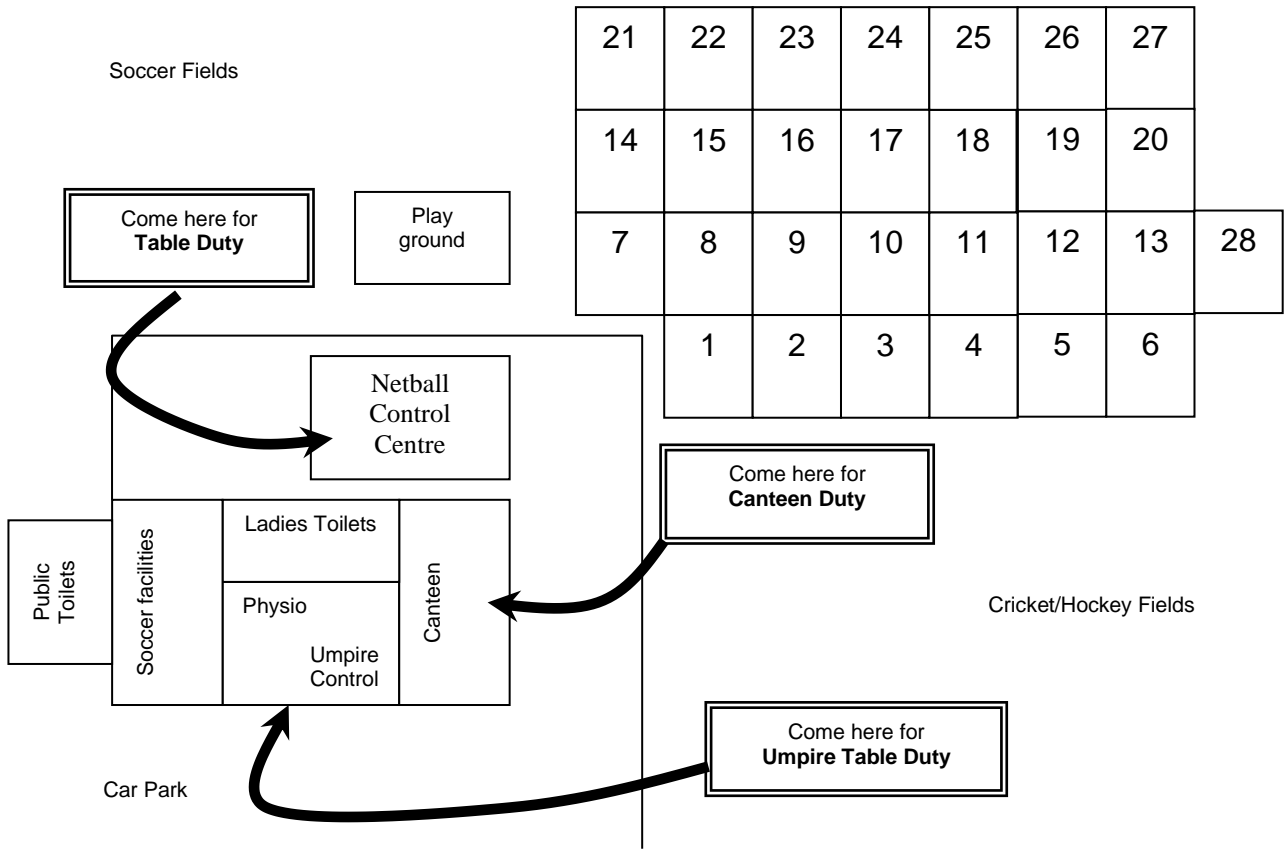
October	11	Week 1 NC
	18	Week 2 NC
	25	Week 3 NC
	27	ERNA Annual General Meeting (AGM)

November	1	Week 4 NC
	8	Week 5 NC
	15	Week 6 NC
	22	Week 7 NC
	29	Week 8 NC

December	6	Week 9 NC
	13	Week 10 NC
	20	NSW public schools last day

Meadowbank Park Courts

Parramatta River



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ERNA REGISTRATION INFORMATION

The Competitions Convenor

The Competitions Convenor for 2022 is Robyn Bates M 0412 925 438.

Phone calls to the Competitions Convenor can be made between 9.00am and 8.00pm only.

Additional Registration from week 1

The player **should** be cleared with the Competitions Convenor prior to registration and before he/she commences a game. All additional registrations after the original registration on the 4th September must be cleared by the Competitions Convenor before the player registers.

All new registrations must be cleared before 8pm on the Monday night prior to the Tuesday game – once cleared, the player must be registered and placed into the team through PlayHQ by the Monday night to ensure player name is included on the scoresheet.

The Scorers are as follows:

GRADE: Division 1,2 Mixed 1,2 & Cadets	Chris Nelson	0408 229 915 ONLY 1pm-7pm
GRADE: 11yrs to 15yrs	Pam Bauchop	0438 677 656 9am-8pm

Age Restrictions

JUNIOR DIVISION TEAMS

- The night competition is an open competition for 11 years and over.
- Female and male players may play in the same team up to and including the age of twelve (12) in the year of play. There is no limit to how many males are in a team.
- Players wishing to register in the Junior Division must be 11, 12, 13, 14, 15 or Cadets years of age as at the 31st December in the year of play.
- Up to three (3) 10 year old players may register in an 11 years division in the night competition.

SENIOR DIVISION 1 & 2

- Only players 14 years of age and over are eligible to play in Senior grades.

MIXED DIVISION TEAMS

- To play mixed netball a player must be 16 years or over as at the 31st December in the year of play.
- Players can play Grade and Mixed Netball but must be registered in both teams.
- Junior players must be 16 years to play in the Mixed Competition.

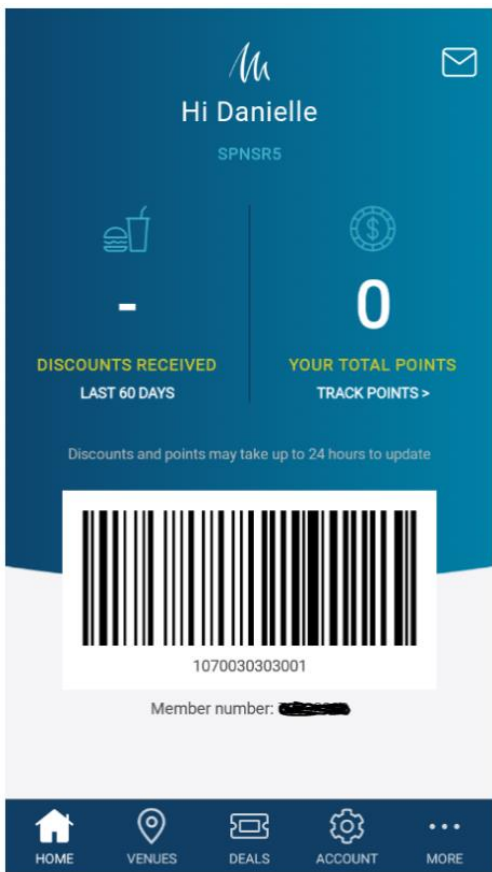
OTHER REGISTRATION RESTRICTIONS

- Up to fourteen (14) players may be registered in any one team but no more than twelve (12) may be full players.
- A player registered as a reserve may only play two (2) games in the competition. If they wish to play a third game they must pay the balance of the registration fee **BEFORE** participating in any further games.
- If a Club supplies incorrect information regarding the registration of a player which would affect the grading of a team, then that player's team may lose all competition points.
- A team which has:
 - i. Played an unregistered player or player who has not complied with registration requirements, or
 - ii. Played a reserve player for a third game without paying the balance of the registration fee, or
 - iii. Any other proven discrepancy (other than name of an eligible player incorrectly listed)Will lose two (2) competition points and will not be allowed to take the court until such requirements have been completed to the satisfaction of the Competitions Convenor.
- If an illegal player plays in any team during the competition, irrespective of the outcome of the game, that team loses two (2) competition points. The non offending team is awarded the competition points.

- If players withdraw from a team during the competition after grading has been completed a minimum of five (5) of the team’s original players (including both full and reserve players) must remain registered.
- No club shall have more than three (3) representative players from the current season in any Junior team. All Grading is at the discretion of the ERNA Competitions Committee.
- An exemption can be made where the registered players have been in the same Club team since U10s. Under this exemption, this team must play in a higher age group.
- No player shall play in a grade lower than the grade in which he/she is registered.

Illegal Player

If an illegal player plays in any team during the competition, irrespective of the outcome of the game, that team loses two (2) competition points. The non-offending team is awarded the competition points.



- THE RANCH HOTEL OFFER -

Download the “MONTYSREWARDS” App on your phone to receive a 5% discount on all bistro and bar purchases. And remember, 5% of every transaction goes towards ERNA when you scan the barcode that appears on the App!!

When setting up the App, please add the club code for Eastwood Ryde Netball Assoc. **NRNERNA** in the “My Account” section for ERNA to receive 5% of every transaction.



2022 NIGHT COMPETITION FEES

Night Competition fees can be found in PlayHQ by players and clubs.

Withdrawal Restrictions / Withdrawal of Teams

- If a player withdraws from a team during the competition, a minimum of five (5) of the team's original players (including both full and reserve players) must remain registered for 2021 only.
- Any player who has participated in less than three (3) competition games may be withdrawn by notifying the Competitions Convenor in writing and may be replaced.
- Any player who has played three (3) or more competition games may be withdrawn but not replaced.
- A player who registers and plays with one club may not register and play with any other club in the same competition until withdrawn by the first club.
- Only a player who withdraws before the commencement of the game set down for week four (4) and has played no more than two (2) games may register with a second club.
- Any team withdrawing from the competition after the draw has been completed will forfeit all monies paid to the Association. The team's club will be subject to a fine with the fine to be paid prior to any team from that club taking the court prior to the next competition game or prior to the commencement of the next season's games, whichever occurs first.

NOTE: Seniors and Juniors are one competition and Mixed is a separate competition.

Registration Fee Refunds

No refunds will be provided after the 30th September 2022.



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INSURANCE

Prior to participating in an ERNA organised game of netball (including Day and Night competitions, Gala Day and Carnivals), all players must be registered members of Netball NSW.

All players and non-players registered with NNSW are covered by insurance. To guarantee all your Club Coaches, Managers, Umpires, Officials, Administrative staff, Voluntary Workers etc. are covered by insurance they must either be registered as players or non-players with ERNA.

The Netball Australia Insurance for 2022 is provided by V-Insurance Group. Details of Insurance can be found on the ERNA Website (www.erna.nsw.netball.com.au) under Forms & Policies and click on the Insurance Link. This link also gives you Contact Details of the Insurance Company if you have any queries.

INSURANCE CLAIMS

Should an injury occur at the netball courts, contact the Officer on Duty who will write the particulars in the Night Book.

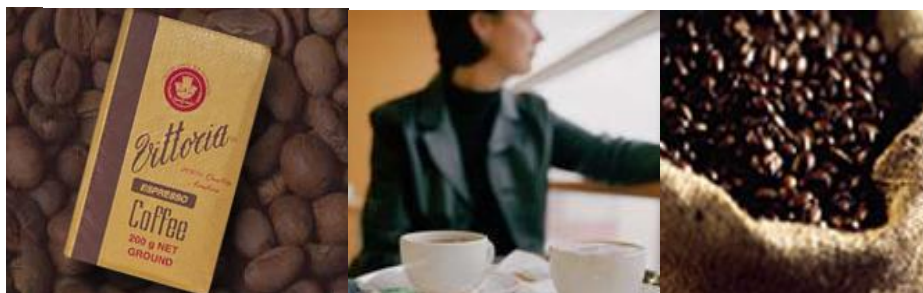
Claim forms can be downloaded on the ERNA Website (www.erna.nsw.netball.com.au) under Forms & Policies. Click on the Insurance Link then Claim Form. Before submitting the Claim form, the Declaration on Page 4 must be completed by either a relevant Club Official or the Association Secretary.

Pre-Existing Conditions

If a player has a pre-existing medical condition, then that player is required to supply the Eastwood Ryde Netball Association with a medical certificate from a registered medical practitioner, stating that the existing medical condition will not constitute a health risk to either the player concerned or any other person whether now or in the future.

PREGNANT PLAYERS – Please read Netball NSW’s Policy:

<https://nsw.netball.com.au/sites/nsw/files/2020-08/Netball%20NSW%20Pregnancy%20Policy%20%28V4%29%20Final.pdf>



**Enquiries contact Ms Ortal Pollarsky
M 0405 016 990**

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PAYCE takes great pride in building vibrant inclusive new communities which includes supporting a range of social programs that encourage the traditional values of goodwill and friendship across the whole community.

PAYCE greatly values their relationship with ERNA and the opportunities they provide for local women in sport.

For more information about PAYCE visit:

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COMPETITION GAMES

Game Timetable/Duration of Games

Competition games commence at the time set down in the Handbook and the time of commencement shall be indicated by the ringing of the bell or buzzer from the Control Centre. However, it is the Umpire's whistle that shall commence and cease each period of play in the competitions.

The games commence at 6.40pm and 8.05pm on Tuesday evenings. Each quarter is 15 minutes duration with 2 minutes at all intervals.

THE SCORE SHEET

Before the Game

Team shown on left hand side of fixture to collect scoresheet from the "cold food" side of the canteen before the game.

The names of all players will appear printed on the scoresheet. **Any player not partaking in that match must have a line placed through their name.** Players from other teams and their registered grade/division must be written on the scoresheet prior to the commencement of the game.

NOTE: Players substituting during the game must have their name written on the score sheet as they take the court.

The Scorer

Each team in the competition **MUST** supply one (1) scorer 15 years of age or older. Both scorers must stand together in line with the centre circle on the sideline for the whole game.

All goals scored must be crossed off on the numbers at the bottom of the sheet. This is the OFFICIAL RESULT.

A team receiving a forfeit at the ground shall return the scoresheet to the canteen.

If Start of Play is Delayed

The scorer must write on the score sheet which team delayed play, how many minutes were lost and the reason.

After the Game

If the score sheet contains the names of players who did not take the court, these names should have a line ruled through them.

The scoresheet for the competition game must be signed by the captains, umpires and the scorers **unless there is a complaint** (see Complaints).

Once the scoresheet has been submitted, no score sheet will be handed back to any team for correction.

The winning team is responsible for returning the scoresheet to the canteen immediately after the game.

ERNA is proudly sponsored by:



COMPLAINTS

Complaints during the Game

Complaints due to any aspect of a competition game should be reported **immediately** to the Officer on Duty.

This should be followed up with a letter from the team's Club Secretary to the Association Secretary within seven (7) days of the game being played.

It is too late to complain about an aspect of the game once it is over.

Using Players From Other Teams

Teams must have **five (5)** players during 2022 of their currently registered players take the court at all times.

- * When a Club has more than one team in a grade they cannot interchange players.
- * Teams may only borrow from lower graded teams.
- * Borrowing may only occur in the same competition (ie. Junior/Senior or Mixed).

Players wishing to substitute in any Night Competition senior division must be 14 years of age or over in the year of play. Players who are substituting during a competition game can also be from a lower grade/division. A minimum of five (5) registered players from the team must remain on the court at all times during the game.

NUMBER OF GAMES THAT CAN BE PLAYED

1.8 Playing in a higher grade

- i. A player may legally play only four (4) games in a competition grade higher than his/her own grade in any one day or night season but can only play two (2) games for any one team in the season.
- ii. To legally play a third (3) game in the same higher team, the player must be correctly registered into the higher team before he/she takes the court for his/her third game.
- iii. Prior clearance must be given by the relevant scorer.
- v. Once a player takes the court for a fifth (5) game out of his/her original team in a season in an ERNA competition, without registering into another team in a higher grade in the same competition, he/she is automatically an illegal player (2.13)

1.10 A player registered as a reserve may play two (2) games in the competition.

A reserve player wishing to play more than two (2) games in the competition must pay the balance of the full registration fee prior to participating in any further games.

Taking The Court

The Competition Rules played at Eastwood Ryde Netball Association are those stated in the current "Rules of Netball, International Netball Federation, Copyright 2020 **UNLESS** the domestic ERNA Rules Of Play (outlined in this Handbook) indicate otherwise.

Mixed Netball Rules Of Play

- * Up to three (3) males per mixed team may be on the court at any one time.
- * Up to five (5) females per mixed team may be on the court at any one time.
- * Both genders must be represented on a mixed netball team at all times.
- * A maximum of one (1) male per mixed team may play in each goal circle.

Rule 9: Substitution and Team Changes

9.1 SUBSTITUTIONS AND TEAM CHANGES (i) Both teams have the right to make substitutions and/or team changes: (a) During an interval (b) When play is stopped for injury/illness or blood. (ii) The number of substitutions is not limited provided the players used are those named for the match. There is no limit to the number of substitutions which can be made by a team provided that players used do not exceed the twelve (12) named for the match (refer Rule 5.1 and team definition).”

Quoted from “Rules of Netball, International Netball Federation” Copyright 2020

UNIFORMS

BIBS

If a team is playing a team from the same Club, the Club is to provide a set of different colour bibs. ERNA will no longer be able to lend bibs to teams.

UNIFORMS

No player shall be allowed to take the court in any Association fixture unless wearing the registered uniform of the club for which she/he is playing.

There is one exception, in the event that a player’s uniform or positional patch is blood stained (during the game ONLY) that player may retake the court in non-uniform clothing.

Hats – no hard-brimmed hats can be worn during play – only soft brimmed hats/visors are permissible.

JEWELLERY AND NAILS

- Rule 5.1.1(iv) Players may not wear anything that could endanger themselves or other players, specifically:
- (a) No adornment or jewellery may be worn other than a wedding ring which must be covered with tape
 - (b) A medical alert bracelet may be worn provided it is covered with tape
 - (c) Fingernails must be short and smooth
 - (d) Hair must be suitably tied back.

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Rule 9.3.1: Injuries/Illness or Blood

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Coaching is permitted during any Stoppage by any Team Official or bench player from the bench or court surround. Bench players may approach the Side Line if coaching occurs. During a Stoppage **any Team Official** may approach the players at the Side Line for the purpose of providing rehydration. (Refer Rule 6.2).

Play may be stopped for injury or illness, after a call for time by an on court player, or for blood when noticed by the umpire.

Rule 9.3.1 (ii) The player concerned **MUST** leave the court within 30 seconds and receive any treatment off the court.

Rule 9.3.1 (iv) In the event that the primary care person advises the umpires that the player concerned cannot be removed safely within 30 seconds, the umpires will extend the time for the player to leave the court.

Rule 9.3.1 (vi) Any blood on the ball or the court must be cleaned before play restarts and any blood-stained clothing replaced.

Rule 9.3.1 (viii) During the stoppage both teams may make substitutions and/or team changes, provided these are completed within the time allowed for the stoppage by the umpires.

If no substitution is made for the player concerned, play can resume and the player can return to the court after a goal is scored, at a stoppage for injury/illness or blood, or at an interval.

For the ERNA local competitions only, in the event a team has only 5 registered players on court and one is injured or has blood, instead of leaving the court, the injured player may call time for the injury/illness or blood.

The game will be stopped for up to two (2) minutes for the injured player to recover or cover a wound/clean blood. In the event of an injury where the injured player is not fit to continue playing after two (2) minutes, the team will forfeit.

Emergencies

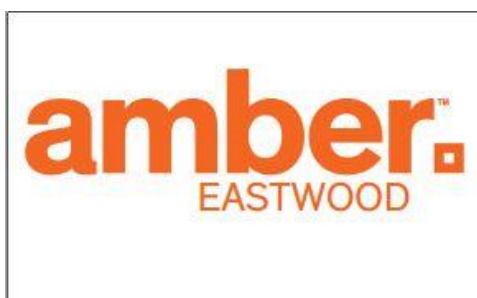
Should the umpire stop the game for an emergency relating to the equipment, court or weather, no substitutions or team changes are permitted. No team officials are allowed onto the court and coaching is not allowed.

All injuries should be reported to the Officer in Charge in the Control Centre, who will record the particulars in the Injury Book.

See "Insurance" for information on how to proceed with an insurance claim.

Ice is available free from Canteen.

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FORFEITS

Teams who intend to forfeit a competition game must, as soon as possible, notify:

- * The Competitions Convenor M 0412 925 438 or the Grounds Convenor M 0419 985 251, **AND**
- * The opposing team's Club Secretary (at least **two hours prior** to the commencement of the game).

NO EMAILS ARE TO BE SENT TO THE OFFICE. N.B. personal contact only. No message to be left. Email and text messages are acceptable but the opposing team **MUST** acknowledge receipt.

The Club of a team who forfeits its competition game **MUST STILL DO ITS ALLOCATED DUTY.**

Competition games should commence at the time set down in the Handbook. However, teams can have a stay of up to five (5) minutes if:

- i. insufficient players (5) are available **or**
- ii. their team's umpire has not signed on and arrived for the allocated duty.

At the end of the five (5) minutes if:

- i. the team cannot take the court and the game commence then a forfeit may be claimed by the other team.
- ii. the umpire has not signed on and arrived, the Umpire On Duty will declare a forfeit by the team with the missing umpire and move an umpire from their court to fulfil the team's umpire duty.

The scorer must write on the Score Sheet which team delayed play, how many minutes were lost, and the reason.

If at the end of five (5) minutes neither team is able to take the court, the game shall be declared a no game and no points will be awarded to either team.

Once a competition game is in progress, if a team, through injury or illness, is unable to field five (5) of their registered players or a team refuses to take the court for the duration of the game, they must concede the game.

The two (2) points will be awarded to the opposing team and all players whose names appear on the Score Sheet will be credited with playing that game.

Penalties for Forfeiting

If a team in the competition fails to notify the opposing team of a forfeit at least **two hours** prior to the commencement of the game, the team's club may be fined. Forfeit Policy and fee charges still apply but will be at the discretion of the ERNA Executive. The fine must be paid prior to the team taking the court in its next competition game.

A team forfeiting any three matches in the night competitions shall be fined \$120.00 with the fine to be paid by the team's club within seven (7) days of being notified of the fine.

The team's club will be fined. The fine is payable by the team's club within seven (7) days of being notified of the fine. Forfeit Policy and fee charges still apply but will be at the discretion of the ERNA Executive.

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2022 NetSetGo Netball program

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All girls and boys aged between 5 and 10 years of age who wanted to learn the basic skills of netball while having lots of fun, were invited to join us at the Eastwood Ryde Netball Association's NetSetGo Program in August 2022!

ERNA also thanks Ryde Community Grant and the State Government for their contribution to this program.

WET WEATHER

Decisions regarding complete abandonment of play shall be made by the Officer on Duty by 5.30pm on the day of play. A notification will be posted on the ERNA facebook page. Should no decision be made by 5.30pm all teams must arrive to play at the time set down in the Handbook. Any further decision shall be made at the grounds by the Officer on Duty.

Lightning Policy

In the event of lightning the following policy will take place -

When lightning and storms are in the vicinity of outdoor activities the 30/30 policy is to be implemented. If thunder can be heard within 30 seconds of the sighting of lightning then all outdoor activities must cease. These activities must not recommence until 30minutes after the last such similar occurrences of lightning.

UMPIRING

The system for umpiring for the 2022 Night Competition will be **NEUTRAL** as far as possible. Each team **MUST** supply a suitable umpire for each competition round game. It is the team's responsibility to ensure that their umpire has arrived. Teams who do not supply an umpire will have to forfeit the game. In this case, an umpire from their forfeited game will be relocated to replace the missing umpire.

There will be an umpire sign on sheet at the Control Centre. Umpires are required to sign in no later than 15 minutes prior to the commencement of the game. Each umpire must know the following details for the team they are umpiring for:

- Team's Club
- Team's Number
- Team's Division/Grade

Who can Umpire?

- Umpires in Night Competition for senior grades ideally should be 16 years of age or older, and the holder of a National Badge.
- Umpires in Night Competition for mixed grades **MUST** be a holder of a National Umpires Badge **AND** be 16 years of age or older
- An umpire may only be **replaced** during a competition game because of injury or illness to the umpire.
- If a **reserve player umpires** in a competition game, he/she cannot replace a sick or injured player but must umpire the whole game.
- A **coach or manager** may not umpire his/her own team in a competition game.
- The following is a table of minimum standards for Umpire qualifications for the allocation of umpires to various grades. If all Club Umpire Convenors could use this when allocating their Club Umpires it will ensure that umpires of sufficient standard are officiating in each grade.

GRADE	RECOMMENDED MINIMUM STANDARDS FOR UMPIRE
A/B	Experienced National C and 16 years or over (where possible)
C & D	Unbadged <u>and</u> 16 years or over; or National C (any age)
13-15	Unbadged 2 years older than the grade or National C (any age)
MIXED	<u>Experienced National C AND be 16 years or over</u>
12	Unbadged 1 years older than the grade (with a support person if required)

NOTE: This is a guide only. You may have umpires who are very confident, have more experience and are mature enough to umpire at a higher level. You may also have umpires who meet the minimum standard to umpire at a higher level but are not comfortable umpiring and confident controlling a game at that level.

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You should consider each umpire on their own merits when allocating them to grades. If you wish to allocate an umpire with qualifications below the minimum standard, please seek advice from the ERNA Umpiring Convenor.

Clubs may be asked to provide a mentor or replace a nominated umpire if they are not capable of officiating their allocated game – minimum requirements will be enforced for umpires of mixed netball games; please seek advice from the ERNA Umpiring Convenor if you have any queries.

WHAT AN UMPIRE WEARS

- Preferably whites (as set out in the Rules of Netball – Rule 5.2 (i) (a))
- Registered club uniforms or club tracksuits or combinations thereof are acceptable but not encouraged. In this case, a white shirt should be worn over the top of the registered uniform.
- Bike pants may be worn if they are the same or similar colour as the skirt (i.e. white) and do not exceed the length of the skirt.

Note: Jeans are not permitted. Appropriate footwear is essential.

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SUMMARY OF FINES

Competition Games

1. A team withdrawing from the competition after the draw has been completed will forfeit all monies paid to the Association. The team's club will be fined \$110 with the fine to be paid prior to any team from that club taking the court in their next game or prior to the commencement of the next season's games, whichever occurs first.
2. A team forfeiting without at least two (2) hours notice to the opposing team is fined \$50 with the fine to be paid by the team's club before the team may take the court in its next competition game or prior to any team from that club taking the court in a semi final game.
3. A team forfeiting any three (3) games in the night competitions is fined \$120 with the fine to be paid by the team's club within seven (7) days of being notified of the fine.

Duties

A club in the night competition that fails to do its duty will incur a fine, the amount to be determined by Council from time to time, with the fine to be paid by the club prior to any club team taking the court in their next competition game.

Unplayable Courts

If a court allocated to a competition game is considered to be unplayable, an official representative of both teams should notify the Officer on Duty prior to the game commencing.

If the Officer on Duty and the official representatives of both teams agree that the court is unplayable, and no alternative court is available, then that competition game will be officially declared abandoned.

Points to be awarded for Competition Games

Points shall be awarded in competition games as follows:

Two (2) points for a win.

Two (2) points for a forfeit (see Rule 18).

One (1) point for a draw.

One (1) point for each team where the game is officially abandoned due to an unplayable court (see Rule 19).

One (1) point for each team where the game is officially abandoned due to wet weather (see Rule 23)

Nil (0) points for a loss or loss on a forfeit.

Nil (0) points for a bye.

Special Circumstances

- If play commences in a competition game and it is abandoned because of wet weather, the result shall be as follows:
- If play ceased before half time the game is a draw, and
- If play ceases at or after half time, the result will be taken as shown on the Scoresheet.
- If games are officially abandoned the players registered in the team are all counted as playing that game with the exception of teams on the Bye as no game is scheduled for that day.

Determination of Goal Averages

- The position of teams in each grade will be determined by the number of points awarded to each team during the competition rounds.
- Where two teams have the same number of points, the position of the teams will be determined on the basis of their respective goal averages.
- When deciding goal averages in the competition the team conceding a forfeit will be credited with the game as a game played and the non-conceding team will not be credited with the game as a game played.
- The following formula will be used to determine goal averages.

$$\frac{\text{Goals}}{\text{Goals Against}} \times \frac{100}{\text{Games Played}}$$

INFECTIOUS DISEASES POLICY

NNSW Infectious Diseases Policy

2 Infectious Diseases

2.1 The risk of contracting illnesses such as hepatitis, skin infections and upper respiratory tract infections (URTI) increases under some sports conditions.

2.2 The risk of infection increases when people:

- Live and train in close contact with others, thus increasing cross infection;
- Train in environments where germs breed (e.g. change rooms);
- Share contaminated items (e.g. drink bottles);
- Are exposed to new environments when travelling to compete;
- Damage the skin allowing transfer of germs;
- Come in contact with other people's blood

Appropriate preventative measures can be taken to avoid the spread of infectious diseases. Generally, these are as follows:

- a. Maintain strict personal hygiene. This includes washing your hands often with soap and water, and using a tissue and covering your mouth when you cough or sneeze. Netball NSW Infectious Diseases Policy (V1) 4
- b. Get immunised – Immunisation is an effective and inexpensive way of significantly reducing the risk of Hepatitis A, Hepatitis B and Influenza. You should seek your own medical advice regarding this.
- c. All persons with prior evidence of infectious disease are strongly advised to obtain advice and clearance from a doctor prior to participation.
- d. Implement blood rules – See Section 3 below.
- e. Don't share personal equipment – Don't share clothing, razors, towels, face washers, nail clippers, drink bottles, mouth guards or any other personal equipment which may have blood, saliva or other body fluids present.
- f. Maintain a clean environment. Dressing rooms should be clean and tidy with particular attention paid to hand-basins, toilets, showers etc. Adequate soap, paper towels, brooms, rubbish bins and disinfectants should be available at all times.
- g. Communal bathing areas (e.g. spas, recovery baths) should be discouraged

3 Blood Borne Viruses

3.1 Blood borne viruses include HIV, Hepatitis B and Hepatitis C. They are transmitted through blood to blood contact via broken skin and open wounds. Blood rules are an appropriate way of dealing with the spread of blood borne viruses.

3.2 Clause 9.3.1 of the INF Rules of Netball 2020 Edition (as updated from time to time) provides specifically for stoppage for blood during a game. In short, the Rules require that:

- A player who is bleeding or has blood on their clothing must immediately leave the court and seek medical attention;
- The bleeding must be stopped, the wound dressed and blood on the player's body or clothing cleaned off before they return to the game;
- Play must cease until all blood on the ground or equipment is cleaned up.

3.3 These Rules should also be adopted for any training or other netball related activities and extend to all members of Netball NSW and Affiliates as described above in clauses 1.2 and 1.3.

3.4 In addition, the following precautions should be adopted: You should treat all blood and body fluids as though they are potentially infectious. When spills of blood or other body fluids happen:

- o avoid direct contact with blood or body fluids;
- o cover any cuts on your hands with a wound cover; and
- o wear gloves.

If blood or other body fluids spill onto you or someone else or if contact has been made with an open wound, broken skin or mucous membranes, you should:

- o wash the area of contact thoroughly with soap and warm water;

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- o if the blood contacted your mouth or eyes, rinse very well with water;
- o see your own doctor as soon as possible.

Once bleeding has stopped, and you've cleaned up any blood or body fluids which found their way onto you or others, it's important to disinfect the area where the spill occurred. When doing this:

- o wear gloves;
- o place a paper towel over the spill and carefully mop it up;
- o clean the surface with warm water and detergent or soap;
- o disinfect the area by wiping with bleach (use a bleach containing 5.25% sodium hypochlorite) and dry with a clean paper towel; and
- when finished, remove gloves and put them along with the used paper towels in a sealed plastic bag and place in rubbish bin.

3.5 Further information can be obtained from Sports Medicine Australia, Infectious Diseases Policy which is available on the following link: <https://sma.org.au/resources-advice/policies-and-guidelines/infectious-diseases/>

Link to the NSW Infectious Diseases Policy: <https://nsw.netball.com.au/sites/nsw/files/2020-08/Netball%20NSW%20Infectious%20Diseases%20Policy%20%28V1%29%20Final.pdf>

BE VACCINATED AGAINST HEPATITIS B

CODES OF BEHAVIOUR

The following extracts are taken from the NSW Codes of Behaviour Policy

<https://nsw.netball.com.au/sites/nsw/files/2020-02/Netball-NSW-Code-of-Behaviour-Policy-V5.pdf>

7. COACH CODE OF BEHAVIOUR

In addition to Netball NSW's General Code of Behaviour, you are to meet the following requirements with regard to your conduct during any activity held by or under the auspices of Netball NSW or an Affiliate. In your role as a coach you are to:

- 7.1. Operate within the rules and spirit of netball, promoting fair play.
- 7.2. Develop a positive netball environment by emphasising enjoyment and by providing appropriate development and competitive experiences.
- 7.3. Support opportunities for participation in all aspects of the sport.
- 7.4. Treat each person as an individual. Respect the rights and worth of every person regardless of their gender, ability, cultural background or religion.
- 7.5. Display control, courtesy and respect to all involved with netball.
- 7.6. Respect the decisions of umpires, officials, other coaches and administrators in the conduct of netball programs and competitions.
- 7.7. Wherever practical, avoid unaccompanied and unobserved one-on-one activity (when in a supervisory capacity or where a power imbalance will or is likely to exist) with people under the age of 18 years.
- 7.8. Ensure activities, equipment and facilities are safe and appropriate to the ability level of participating players. Activities, rules, equipment, length of games and training schedules should take into consideration the age, ability and maturity level of the participants.
- 7.9. Act with integrity and objectivity, and accept responsibility for your decisions and actions.
- 7.10. Ensure your decisions and actions contribute to a safe environment. Place the safety and welfare of the players above all else.
- 7.11. Ensure your decisions and actions contribute to an environment free of sexual harassment, bullying, discrimination and victimisation.

7.12. Any physical contact with a player should be appropriate to the situation and necessary for the player's skill development.

7.13. Adopt and display responsible behaviour in relation to alcohol and other drugs.

7.14. Be honest and do not allow your qualifications/accreditation to be misrepresented

8. PLAYER CODE OF BEHAVIOUR

In addition to Netball NSW's General Code of Behaviour, you are to meet the following requirements with regard to your conduct during any activity held by or under the auspices of Netball NSW or an Affiliate. In your role as a player you are to:

8.1. Respect the rights, dignity and worth of fellow players, coaches, officials and spectators.

8.2. Refrain from conduct which could be regarded as sexual harassment, discrimination, bullying and/or victimisation.

8.3. Respect the talent, potential and development of fellow players and competitors.

8.4. Participate fairly and safely.

8.5. Be frank and honest with your coach concerning illness and injury and your ability to train and play fully.

8.6. Conduct yourself in a responsible manner relating to language, temper and punctuality. Do not use profane language at any time.

8.7. Abide by the rules and respect the decision of the umpires. Be courteous and use the correct process when seeking a rule clarification.

8.8. Be honest in your attitude and preparation to training. Work equally hard for yourself and your team.

8.9. Co-operate with coaches and staff in relation to programs that adequately prepare you for competition.

8.10. Do not engage in practices that affect sporting performance (including alcohol, tobacco and drug use).

8.11. Applaud all good play, by your own team and opponents.

8.12. Respect and acknowledge the contribution of those who create the opportunity for you to play (e.g. scorers, coaches, timekeepers, administrators and umpires).

9. UMPIRE CODE OF BEHAVIOUR

In addition to Netball NSW's General Code of Behaviour, you are to meet the following requirements with regard to your conduct during any activity held by or under the auspices of Netball NSW or an Affiliate. In your role as an umpire you are to:

9.1. Umpire in accordance with the Official Rules of the Game.

9.2. Treat all players, coaches, bench officials and other umpires with respect.

9.3. Place the safety and welfare of the players above all else, including:

Ensuring the court and its surrounds are compliant with the rules.

Taking appropriate action to manage dangerous play.

9.4. Maintain a high standard of personal behaviour at all times.

9.5. Be a positive role model through behaviour and personal appearance projecting a favourable image of netball and umpiring at all times.

9.6. Refrain from conduct which could be regarded as sexual harassment, discrimination, bullying and/or victimisation.

9.7. Be courteous, respectful and open to discussion and interaction with other netball participants.

9.8. Maintain or improve your current performance level and seek continual improvement.

9.9. Be honest and do not allow your qualifications/accreditation to be misrepresented.

10. PARENT/GUARDIAN CODE OF BEHAVIOUR

In addition to Netball NSW's General Code of Behaviour, you are to meet the following requirements with regard to your conduct during any activity held by or under the auspices of Netball NSW or an Affiliate. As a parent/guardian you are to:

10.1. Encourage your child to participate but do not force them.

10.2. Focus upon your child's efforts and performance rather than the overall outcome of the event. This assists your child in setting realistic goals related to his/her ability by reducing the emphasis on winning.

10.3. Teach your child that an honest effort is as important as winning, so that the result of each game is accepted without undue disappointment.

10.4. Encourage your child to always play according to the rules.

10.5. Be a model of good sports behaviour for children to copy. Applaud good play by all players.

10.6. Never ridicule or yell at a child for making a mistake or losing a game.

10.7. If you disagree with an umpire or coach raise the issue through the appropriate channels rather than question their judgement and honesty in public.

10.8. Refrain from conduct which could be regarded as sexual harassment, discrimination, bullying and/or victimisation.

10.9. Recognise and respect the value and importance of volunteer administrators, coaches and umpires. They give up their time and resources to provide recreational activities for players and deserve your support.

10.10. Be courteous in communication with administrators, coaches, players and umpires. Teach your child to do the same.

10.11. Support the use of age appropriate development activities and modified rules.

10.12. Acknowledge that a breach of this Code of Behaviour may result in disciplinary action concerning your child. This may include expulsion from game(s), suspension or termination of membership.

11. SPECTATOR CODE OF BEHAVIOUR

In addition to Netball NSW's General Code of Behaviour, you are to meet the following requirements with regard to your conduct during any activity held by or under the auspices of Netball NSW or an Affiliate. As a spectator you are to:

11.1. Remember that most players (in particular children) participate in netball activities for fun. They are not participating for entertainment of spectators only.

11.2. Applaud good performance and efforts by all players. When watching a game congratulate both teams on their performance regardless of the game's outcome.

11.3. Respect the decision of the umpires. Encourage players to play according to the rules and official decisions, and develop your own knowledge of the rules

11.4. Never ridicule or abuse a player for making a mistake during a match and/or competition.

11.5. Refrain from conduct which could be regarded as sexual harassment, discrimination, bullying and/or victimisation.

11.6. Do not use foul, inappropriate and/or distasteful language, sledge or harass administrators, coaches, players, umpires or other spectators.

11.7. Condemn the use of violence in any form, be it by administrators, coaches, players, umpires, or other spectators.

11.8. Support the use of age appropriate development activities and modified rules.

GOAL POST PROTECTOR PADDING

Goal Post Protector Pads must be used each week on all courts.

The **first** named team in the **first** time slot will take the Protectors out each Night.

The **last winning** teams each night are to return the Protector Pads to the post pad room.

Umpires **must not** commence any game without the Goal Post Protectors

CLUBS ON DUTY

It is the full responsibility of each Club to organise and direct their volunteers on the night.

Volunteers are to be over the age of 15yrs.

2 people for the following duties

Arrive at 6.15pm

Hand out and collect score sheets

Record scores on Game Sheet.

Serve in canteen.

Record any injuries in Night book.

Help Ground Supervisor when required.

Help Ground Supervisor put goal post protectors away after game in post pad room.

One person must stay with Ground Supervisor until she has locked up for the night.

CLUB ON DUTY ROSTER

WEEK	SCORE SHEETS & CANTEEN	BLUE LIGHT POST PADS
1	11/10/22	
	St Andrews	Take out: Halos / Bring in: Alexanders
2	18/10/22	
	West Ryde Rovers	Take out: Halos / Bring in: Alexanders
3	25/2/22	
	Comets	Take out: Halos / Bring in: Alexanders
4	01/11/22	
	North Epping Rangers	Take out: Halos / Bring in: Alexanders
5	8/11/22	
	Dundas United	Take out: Halos / Bring in: Alexanders
6	15/11/22	
	Woolwich	Take out: Carlingford Flames / Bring in: IASC
7	22/11/22	
	Gladesville Ravens	Take out: Carlingford Flames / Bring in: IASC
8	29/11/22	
	North Ryde Spirits / NRRSL	Take out: Carlingford Flames / Bring in: IASC
9	6/12/22	
	Epping Rams	Take out: Carlingford Flames / Bring in: IASC
10	13/12/22	
	St Kevins and St Gerards	Take out: Carlingford Flames / Bring in: IASC

OFFICER ON DUTY

The Officer on Duty for all night competition games is **Sue Woodhouse M 0419 985 251.**

Game Fixtures can be found on the ERNA or PlayHQ website

Lions Club of Epping Eastwood Inc.

Proudly supported by ERNA

Please join us and help **change people's lives** in our community & around the world




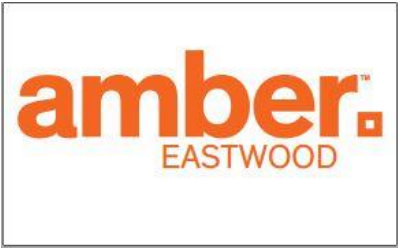
info@eppingeastwoodlions.org.au

or visit <https://www.facebook.com/EppingEastwoodLions/>



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EASTWOOD RYDE NETBALL ASSOCIATION INC THANKS THE FOLLOWING ORGANISATIONS FOR THEIR GENEROUS SUPPORT IN 2022.

 <p>RYDE-EASTWOOD LEAGUES CLUB</p>	 <p>THE FITNESS EDGE YOUR HEALTH FITNESS & AQUATIC CENTRE</p>
<p>RYDE-EASTWOOD LEAGUES CLUB</p>	<p>THE FITNESS EDGE</p>
	
<p>COOPER TEAMWEAR</p>	<p>COURT CRAFT</p>
<p>One Point Health</p> 	
<p>ONE POINT HEALTH</p>	<p>THAT'S AMORE COFFEE</p>
	
<p>MELROSE PARK PAYCE</p>	<p>JEFFRIES PRINTING</p>
	<p>Community Bank North Ryde</p> 
<p>AMBER TILES EASTWOOD</p>	<p>BANDIGO BANK NORTH RYDE</p>
	
<p>THE RANCH HOTEL</p>	<p>EPPING EASTWOOD LIONS</p>