



East Regional Senior League

HANDBOOK

Season 2023/2024

**East Regional Senior League
League Management Personnel**

POSITION	NAME	CONTACT DETAILS
Chair of the East Competition Group	June Griffith	
Vice Chair of the East Competition Group	Clare Southam	
Competition Organiser & Competition Referee	June Griffith	
Results Co-ordinator	Gwen Foster	
Umpire Deployment officer	Carolyn Davies	

EAST REGIONAL SENIOR LEAGUE – Division 1 Teams

CLUB	CONTACT	HOME VENUE	PLAYING DAY	START TIME
Billericay		Basildon sporting Village, Cranes Farm Road, Basildon SS14 3GR	Sunday Except 24/02 Saturday	14.15
Cottenham Jaguars (Co-Jags)		Cambourne VC Sheepford Lane, Cambourne, Cambridge CB23 6FR	Sunday	14.00
Crosskeys		Mark Hall Sports Hall, London Rd Harlow, Essex CM17 9LR	Sunday	12.30
Grangers		Lincroft Academy Station Rd, Oakley, Bedford MK43 7RE	Sunday	10.30 or 14.30 TBC
Harpenden		St Albans School, Fishpool Street St Albans, AL3 4RF	Saturday Except 05/11 Sunday	10.30
Hatfield Hawks		Herts Sports Village, Campus, Hatfield AL10 9EU	Saturday	11.30
Hertford Hornets Blue		Queenswood School, 3 Chapel Close, Brookmans Pk Hatfield AL9 6LZ	Sunday	13.00
Norfolk United 2		Langley Prep School, Norfolk NR8 6HU	Saturday	11.00
Turnford 2		The Broxbourne School, Badger Walk, Broxbourne, Herts. EN10 7FU	Saturday	14.30

EAST REGIONAL SENIOR LEAGUE – Division 2 Teams

CLUB	CONTACT	HOME VENUE	PLAYING DAY	START TIME
Bears		USP-College Seevic Campus Runnymede Chase Benfleet SS7 1TW	Sunday	12.45
Comberton		Cambourne Village College Sheepfold Lane Great, Cambourne CB23 6FR	Saturday	12.00
Eastwood		Seevic Campus Runnymede Chase Benfleet SS7 1TW	Saturday	12.00
Hatfield Magpies		Herts Sports Village, Campus, Hatfield AL10 9EU	Saturday	13.30
Hertford Hornets Orange		Queenswood School 3 Chapel Close, Brookmans Pk Hatfield AL9 6LZ	Sunday	11.00
MK Netters Gold		Flitwick Leisure Centre Steppingley Road, Flitwick, Beds MK45 1TH	Sunday	10.30
Omega NC		Freman College, Bowling Green Lane, Buntingford SG9 9BT	Sunday Except 25/11 Saturday 14.00	13.00
SAS Reds		Stanborough School, Lemsford Lane, AL8 6YR	Saturday	11.45
Thoroughbreds 2		Town Close House Prep School, 14 Ipswich Road, Norwich NR2 2LR	Sunday	11.00 or 13.00 TBC

EAST REGIONAL SENIOR LEAGUE – Division 3 Teams

CLUB	CONTACT	HOME VENUE	PLAYING DAY	START TIME
Christchurch Ladies		Suffolk One Scrivener Drive Ipswich IP8 3SU Except 17 th Sept Skyliner Sports Centre Rougham Tower Ave Bury St Edmunds IP32 7QB	Sunday	10.30, 11.30, 12.30 or 13.30 Teams to be advise
Ipswich Ladies		Suffolk One Scrivener Drive Ipswich IP8 3SU	Sunday	10.30 or 12.30 TBA
Royston		Freman College Bowling Green Lane, Buntingford SG9 9BT	Saturday	11.00
Rookies		Wisbech Grammar School, 47 North Brink, Wisbech, Cambs. PE13 1JX	Sunday	14.00
Star		William Edwards School, Stifford Clays Road, Grays RM16 3NJ	Sunday	13.30
Team Beds		Flitwick Leisure Centre Steppingley Road, Flitwick, Beds MK45 1TH	Saturday	13.00
Tegate		Mark Hall Sports Hall, Harlow, Essex CM17 9LX	Sunday	13.00
Thetford		Skyline Sport Centre, Rougham Tower Ave, Bury St Edmunds. IP32 7QB	Sunday	13.30
Turnford 3		The Broxbourne School,	Sunday	13.00

		Badger Walk, Broxbourne, Herts EN10 7FU		
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EAST REGIONAL SENIOR LEAGUE RULES & REGULATIONS

1. ORGANISATION AND ADMINISTRATION

- 1.1 The East Regional Senior League is a regional competition organised by the East Regional Netball Association, known as Netball East, to enable senior Clubs to compete against each other to determine promotion and relegation through the Divisions and qualification for the Premier League Play-Offs (Winners of Division 1 see appendix 1d). Entry fee £20
- 1.2 The Regulations set out below outline the Rules and Regulations ("The Regulations) which will govern the process and conduct of all matches within the East Regional Senior League, herein after referred to as "ERSL." Integral to the Regulations is England Netball's Codes of Conduct and Disciplinary Regulations.
- 1.3 Netball East seeks to promote fair play and sportsmanship within a competitive environment and expects all players, coaches, bench officials, team managers and spectators to play the game in the right spirit and respect Regulations and Codes of Conduct. Netball East will present an annual Fair Play Award to the Club in each Division with the best disciplinary record
- 1.4 The decisions of the Netball East Regional Management Board (RMB), or its nominee(s), in respect of these rules and regulations and on any other matter related to the ERSL which is not provided for below, shall be considered final and binding on all parties, subject to the right of appeal.
- 1.5 These rules and regulations shall be subject and secondary to the application of England Netball's rules and regulations, especially Playing Regulations 3.4 . 3.5.1, 3.5.2 and 3.6

2. QUALIFICATION AND ELIGIBILITY

- 2.1 Application for entry to the ERSL shall be open to any club, which has a membership to England Netball through a County Association and is located within the boundaries of the East Region Netball Association and for the 2023/24 teams cannot now register for CAPs as it is under review by England Netball, therefore for this season teams do not have to be a CAPs club, this will be reviewed as soon as EN restart or replace the CAPs scheme-
- 2.2 Entry to the ERSL 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 or any managed reductions in team numbers as may appear from time to time will be addressed by the RMB in whatever way it sees fit.
- 2.3 The RMB shall be entitled to charge an entry fee and a possible deposit secured against fines incurred by teams for the ERSL. Teams must replace any fines deposit used immediately when requested by the Competition Organiser.
- 2.4 A club may have maximum two teams in the three divisions of ERSL but not more than one team in any division. Promotion and relegation of teams will take this rule into consideration when determining composition of divisions.
- 2.5 By entering a team in the ERSL, clubs/teams agree that:
 - i. They will abide by these rules and regulations
 - ii. They are able and willing to fulfil the costs and commitments of participation in the ERSL.
- 2.6 All players must have their membership lodged with England Netball and their membership fees paid, prior to their participation in the ERSL, as detailed below.

- i. Players registered with England Netball and linked to their ERSL Club at least four days prior to their team's first fixture in ERSL
 - ii. Their membership is the first club they become a member of in the current playing Season
 - iii. If an ERYL club does not have a senior regional team then players from that ERYL club may register for one adult (ERSL) regional club where their membership is lodged with EN to their ERYL club first. The senior regional team must state the name of the ERYL club the player represents when registering the youth player. Any appropriate Age banding forms will need to be included.
- 2.7 Any club who knowingly and deliberately provides false information regarding identity of players when registering players or naming of players on team sheets will forfeit their entry fee and may be expelled from the competition. Disciplinary action may be taken against the club. A club may register up to two players where the England Netball membership fee has been paid via another club in a transfer window between *weeks 9 and 10* subject also to rule 3.4.
- 2.8 All players must be aged 14 or over to be eligible to compete in the ERSL (subject to EN regulations) : Teams wishing to register players under 14 may only do so with the approval of the relevant County Head Scout or equivalent prior to registration. The approval is to be noted on the official Age banding request form (see appendix 2) which must be completed by the applicant team and approval sought by the applicant team prior to submission to the Competition Organiser for player registration. As a general rule, age banding approval will be granted where a player is within the performance pathway
- 2.9 **Pregnancy** – England Netball recommends that individuals (player, coach, umpire) if pregnant should only participate with approval from their doctor and in accordance with any guidelines issued by EN.

Neither England Netball, nor the club will be held liable for any pregnant individual participating in recognised and authorised activity should the expectant mother suffer a miscarriage or permanent damage to herself and / or unborn child as a result of participating. The England Netball Personal Accident cover will not provide any benefit for injury, loss or expense due to pregnancy, childbirth, miscarriage or any consequence thereof. For example, if an 'Insured Person' who is pregnant is involved in an accident (not pregnancy related) and suffers a broken leg then, subject to claims validation, England Netball would pay any broken bones benefit, the Hospital Confinement benefit and Temporary Total Disablement benefit due under the Personal Accident Insurance Policy resulting from this injury. However, if the absence or hospital stay is prolonged as a direct result of pregnancy, pregnancy complications or even early childbirth then this would not be covered. The England Netball insurance scheme is provided as a Membership benefit and ensures that EN Members (referred to in the Liability insurance documents as 'Registered Participants') and in the Personal Accident documents as an 'Insured Person' are covered for Liability and Personal Accident Insurance, at the level of cover applicable to their category of membership. This document is intended as a guide only - full terms and conditions apply as detailed in the England Netball insurance policy documents, in association with England Netball's current Memorandum, Articles, Regulations and Policies. These documents are available to individuals on request by email or can be downloaded by every member on the downloadable documents in Engage

Please note this guidance supersedes previous guidance that players, coaches, officials should only participate up until their 12th week of pregnancy.

- 2.10 i. Clubs with teams in both ERSL and the Premier League must register with the Competition Organiser at the beginning of the season (see 3.1) a squad of eight (8) players that will be deemed the Premier League players for the season. These players are then ineligible to play in the ERSL without the express permission from the Competition Organiser. In addition, any other player who has court time for any team in the Premier league in twelve (12) quarters will be ineligible to play in the ERSL for the rest of the season. Teams playing players subject to this rule will be deemed to be playing an illegal player and will be subject to a point's deduction as determined by the rules APPENDIX 1c.
- ii Any player (maximum 2) playing for a Premier League club outside of the East Region must send a copy of the result sheet within 3 days of the fixture showing all the players and quarter breakdowns after each Premier League match to monitor eligibility and name the Premier League team they are representing. Failure to comply with this aspect of the regulations, will

be deemed to be playing an illegal player and will be subject to points deduction as determined by the rules APPENDIX 1c.

- 2.11 Teams are required to send into the Competition Organiser the Premier League Score sheet within 3 days of the fixture showing players and quarter breakdowns after each Premier League match to monitor eligibility. Failure to comply with this aspect of the regulations will incur a fine as identified in APPENDIX 1c.
- 2.12 Clubs with two teams in the ERSL must register with the Competition Organiser at the beginning of the season (see 3.1) a squad of eight (8) players that will be deemed the ERSL higher division players for the season. These players are then ineligible to play in the ERSL lower division without the express permission from the Competition Organiser. In addition, any other player who subsequently has court time in the ERSL higher division in twelve (12) quarters will be ineligible to play in the ERSL lower division for the rest of the season. Teams playing players subject to this rule will be deemed to be playing an illegal player and will be subject to a point's deduction as determined by the rules APPENDIX 1c.

3. REGISTRATION OF SQUAD MEMBERS

- 3.1.1 Participating teams must set up a Regional Team on Engage in this exact format: -

Club Name and League e.g. Allstar - ERSL

Team Type must be set as Regional

Adding a minimum of 8 eligible players

- 3.1.2 Any additions to the squad must be lodged on Engage and then emailed to the ERSL administrator by 17:00 hours on the Friday prior to the fixture. Additional registration of players will not be accepted after 17.00 on the Friday prior to the scheduled date for round 15.
- 3.1.3 The CTSG may in extreme circumstances, at their absolute discretion allow a Player to transfer between two -Region clubs/teams during the course of the playing season outside the transfer window e.g., should that Player move house / relocate to an area where playing for her original team would not be practical.
- 3.1.4 Each team may declare up to twelve (12) players prior to the start of each match by completing a ERSL Team Sheet provided by the home team and submit it to the Technical Officials table. This must be done fifteen (15) minutes prior to the stated start time for the match. These players identity will be verified by photographic evidence, passport or driving licence plus name, which will be checked & signed by each opposing Captain. Players not taking to the court may be lined through on the official results sheet at the end of the match to denote that they have not played in that match.
- 3.1.5 Only players who have taken to the court (played at least one (1) quarter) during the course of the season (rounds 1 to 15) will be eligible to compete for their registered team within the ERSL Play Offs unless they have been tied to a higher team, including Premier league and SuperLeague.
- 3.1.6 All ERSL players who are aged U19 or below at the start of the season may only play eight (8) quarters over a weekend including but not exclusively ERSL, ERYL, NPL & Superleague.
- 3.1.7 Clubs, which have a team participating in more than one division will register all players identifying eight tied players who can only play in the highest division in which they have a team.
- 3.1.8 All non-tied players in Senior Divisions of ERSL will be able to play in any higher division up to Twelve (12) quarters. Once the twelfth (12th) quarter is played they are tied to the highest Open team they have played for

- 3.1.9 Permission of the CTSG, through the League Administrator, must be sought for a player registered to a higher division or league to play in a lower division or league and will only be granted in extreme circumstances.
- 3.1.10 Where a club has a team participating in the England Netball Premier League the following provisos will control the movement of players.
- 3.1.10.1 The club must identify a minimum of 8 tied players who can only play in the higher division or league, none of whom will be permitted to play in the lower division.
- 3.1.10.2 All non-tied players will be eligible to play ERSL including East Region play offs until they have played 12 quarters. Once the twelfth (12th) quarter is played they are tied to the Premier League.
- 3.1.10.3 A player, once registered with a Super League team (VNSL), may play in the Regional League up to the start of the Super League Competition.
- 3.2 Squad sheets for each participating team must be completed fully for each player and lodged with the Competition Organiser at least seven (7) days prior to the commencement of the ERSL.
- 3.3 Teams may only use those players whose names appear on their squad registration list held by the Competition Organiser.
- 3.4 Any additions to the squad sheets must be lodged with the Competition Organiser by email dated and timed prior to the commencement of the game the new player first takes to the court and player added to the team on Engage.
- 3.5.1 Once a player has been named on a squad sheet and has played, she cannot transfer to another club during the course of the current playing season except within the transfer window where one player may transfer between Regional Club league teams provided the transferring player has taken to the court in less than 12 quarters of ERSL games.
- 3.5.2 A player and/or team cannot participate in more than one Region's Regional League or competition, within the same season.
- 3.6 A team may register up to two (2) players where the England netball Primary Membership has been paid via another club to that ERSL club in a transfer window between weeks 9 and 10. Players registered in this window will be subject to rule 3.4.

4. STRUCTURE OF THE LEAGUE

- 4.1 The ERSL will be contested between as many teams as shall be determined by the RMB from time to time. The number of teams will not normally be less than eight, or more than thirty, split between three divisions.
- 4.2 Each team in the ERSL will play the others twice, once at home and once away.
- 4.3 Teams will be awarded league points as follows:
- i. 5 points for a win
 - ii. 3 points for a draw
 - iii. 2 points for a loss if within 5 goals of the winners score i.e., a difference of 4 goals or less
 - iv. 1 point for a loss by 50% or more of the winners score and a difference of 5 goals or more
 - v. 0 points for a loss

- 4.4 A Regional League table will be compiled on the basis of the points awarded to each team. Where two teams are level on points:
- i. Goal average (goals for divided by goals against) shall be used to determine their relative positions, i.e., the team with the higher average score over the course of the season shall take precedence
 - ii. 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
 - iii. 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
 - iv. 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 winning team
 - v. In the event that none of the above differentiates between the teams, the RMB, or its nominee(s), shall determine the means of differentiation
- 4.5 The team which finishes top of Division 1 of the ERSL at the end of the season will be the winners of the competition. They will be eligible for promotion to the Premier Division 3 and will contest a play-off involving League champions from other Regions and Premier Division 3 clubs in order to pursue that promotion.
- 4.6 At the end of each season, any team or teams which are based in the region in which the Regional League is played, and which are relegated from the Premier Division 3, will be automatically included within the Regional League Division 1 for the following season.
- 4.7 At the end of each season, relegation and promotion will take place from and within the Regional League in accordance with the table shown in appendix 1d but subject to rule 2.4, and procedures agreed between the RMB, and the organising committees of the County League operated by the Constituent County Associations. Any team relegated from the Regional League will participate in the following season in the County/Area League operated by the County Association within whose boundaries it is based.

5. FIXTURE ARRANGEMENTS

- 5.1 Matches will be played on a full-size indoor court to England Netball specification category 3 with adequate surrounds, post protectors and ancillary facilities for approximately 30 participants, including changing and showering facilities for both sexes.
- 5.2 The home team is responsible for arranging the venue which must be within the boundaries of the East Region, and for the cost of this,.
- i. And must be in a suitable playing condition
 - ii. The home team is responsible for completing a risk assessment prior to the start of each match, which must be agreed by both umpires and the opposition. The completed RA should be sent with the results sheet after the first home game and any alternative venue used, and then only if there is an issue with the court venue
 - iii. Should the umpires deem the courts unsuitable for play, the game is postponed, the committee reserve the right to make a decision as to whether the game is rescheduled or a sanction it imposed, any sanction maybe subject to an appeal
- i
- 5.3 The home team is responsible for providing hospitality for both teams (if required) and all match officials in the form of suitable refreshments served in a timely fashion after the match .
- 5.4 The home team must provide their opponents with confirmation in writing of the fixture, its start time, and travel directions (including a map) ten (10) days prior to the date of the fixture. failure to provide this information within the stated time frame, Penalty will be a 2-league points deduction (Competitions Organiser must be copied in on the details sent out erslorganiser@gmail.com)

- 5.5 All matches must be played on the weekend specified by the fixture schedule and take place on either a Saturday or a Sunday,
- 5.6 The details of a teams home venue and time must remain as stated in the Handbook unless there are extenuating circumstances. The home team must contact the ERS� organiser requesting a change from the stated venue and/or start time clearly stating the reasons for the request. This will then be considered and must be agreed with the opposition if granted.
- 5.7 The start time of each match will be mutually agreed between the teams but will not normally be later than 14:30 pm or earlier than 10.30 am unless agreed, in advance, by both teams, Officials and the Competition Organiser. Any dispute over start times will be determined by the Competition Organiser or their representative at its absolute discretion.
- 5.8 The away team will be responsible for arranging its 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 30 minutes after the agreed start time will forfeit the match. The non-offending team will be awarded 5 points as winners by default. And the match score will be determined 20 – 0 in favour of the non -offending team.
- 5.9 No team may postpone or cancel a fixture without the agreement of the Competition Organiser which will not be granted except in extreme circumstances. Non availability of players or umpires arranged by the participating teams will not be accepted as a good reason. Matches which are postponed due to extreme and unforeseen circumstances, e.g., flash flood, heavy snowfall, must be rearranged to the calendar spare dates or played before the next scheduled fixture date unless otherwise agreed by the Regional League Organiser.
- 5.10 If a team cancels a match:
- i. 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 match score will be determined 20 – 0 in favour of the non-offending team.
 - ii. The team which cancels will be liable to pay a £50 fine to the league and any additional reasonable costs incurred by the non-offending team and match officials, subject to the determination of the Competition Organiser. See also APPENDIX 1c
 - iii. Cancelled fixtures may be rearranged subject to both teams agreeing to playing on the first reserve date and time, and this being approved by the Competition Organiser.
- 5.11 If a fixture is postponed or cancelled, it is the responsibility of the home team to ensure that the Competition Organiser, the opposition and both umpires are informed immediately the postponement or cancellation is known.
- 5.12 In the event that a match which is abandoned for any reason, e.g., because of serious injury, the result of that match will be determined by the RMB, having regard to the score at the time at which play was suspended.

6. MATCH REGULATIONS

- 6.1 All games shall be played to the INF Rules of the Game currently in force in England at the time, except where specific regulations may apply.
- 6.2 All matches shall be of one hour's duration (i.e., four quarters of 15 minutes each) with quarter and three-quarter time breaks lasting 3 minutes and half time lasting 5 minutes.
- 6.3 Where a clash of colours is deemed likely by the umpires the Home team shall arrange a change of bibs to mitigate the colour clash to the satisfaction of the umpires.

7. MATCH OFFICIALS

- 7.1 Umpires who actively hold a Europe Netball 'B' Award or above, who have been identified by the Netball East Officiating Technical Support Group, will be allocated to each fixture in Division 1 by the Umpire Deployment officer, and their appointment will be notified to the teams in advance of the fixture.
- 7.2 Umpires who actively hold a Netball Europe 'B' Award or above, a Europe Netball 'C' award who is progressing towards a B award who have been identified jointly by England Netball and the RMB, will be allocated to each fixture in Division 2 and 3 by the Umpire Deployment officer, and their appointment will be notified to the teams in advance of the fixture.
- 7.3 The home team shall be responsible for providing both named umpires with confirmation in writing of the fixture, its start time, and travel directions (including a map) ten (10) days prior to the date of the fixture. Penalty will be a 2-league points deduction
- 7.4 Umpires may be reporting their experience of the match including arrangements, welcome & refreshments at the match and reporting to the Umpire Deployment officer (and Competitions TSG shall review all submissions and refer any reports to the appropriate body in accordance with APPENDIX 1c
- 7.5 All teams will contribute to the costs incurred in providing allocated umpires. These costs will be levied on all clubs at the beginning of the season and at other times as required by the Competition Organiser. These costs will be paid to the Regional Treasurer who will be responsible for payment to umpires. Failure to make payments requested promptly will incur penalties in accordance with APPENDIX 1c
- 7.6 In the event that an umpire fails to arrive, or is injured or taken ill during a match, the following procedure will be applied:
 - i. If another umpire of the appropriate standard is available, then she/he will umpire the match
 - ii. Failing that, the next best-qualified umpire should be used
 - iii. The Regional League organiser must be informed immediately after the match.
- 7.7 For all divisions and in conjunction with England Netball, the Regional Officiating Technical Support Group will have responsibility for procedures which ensure that umpires conform to a standard of physical fitness which allows them to keep pace with the speed and variability of the game(s). If age, injury, illness or pregnancy is likely to affect the Umpire's movements and positioning to the detriment of the game, she / he is required to withdraw from officiating.
- 7.8 Scorers will be required for all fixtures. Each team must provide a competent scorer who is either a minimum Beginner/Youth award umpire, or someone who has a good knowledge of the scoring system. Failure to provide a suitable scorer will incur a penalty in accordance with paragraph 9.2.
- 7.9 Teams will be required to provide a suitable score sheet/card for use during the match.
- 7.10 Each team should ideally provide a timekeeper for each match played. Failing this, it will be the responsibility of the home team to provide a timekeeper, who will be responsible for timing the match. If the venues does not have an electronic score board, a hooter must be provided and kept on the table.

8. TEAM OFFICIALS

- 8.1 A team may have up to five (5) Team Officials. These will include a coach and at least one primary care person.
- 8.2 A primary care person:

- Must be qualified to diagnose and treat injury or illness (for example, doctor, physiotherapist or Qualified First Aider)
- It is advised that for the ERSL Teams that a qualified First Aider will suffice.
- Is permitted on the court during a stoppage for injury/illness of a Player or blood issues
- 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
- Management of injury without a primary carer.

Before a match starts, a team must identify who is responsible for managing injuries to players in their team, if no suitably qualified primary Carer is present with their team.

8.3 Team Officials may be fewer than specified and may therefore undertake several duties. However, primary care person/s must not be a players and it is preferable that they not hold any other role.

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

9. REGISTRATION OF RESULTS

9.1 Both teams are required to complete the official Results sheet after each match, by entering the names of each player, their court time and the final score. The official result sheet must be checked and signed by the scorer(s), both captains and umpires and emailed the Competition Organiser by the home team to be received within three (3) working days of the match. The score for the match will not be registered until the result sheet has been received. Any team which fails to do so will be liable to a fine in accordance with paragraph 9.2.

9.2 The result of each match must be texted through by the home team to a nominated representative of the Competition Organiser no later than 7:00 pm on the date of the fixture. Any team which fails to do so will be liable to a fine in accordance with APPENDIX 1c

9.3 Results will be posted to the Netball East website as soon as possible following the weekend games on the following link. <http://www.netballeast.org.uk/competition/openregional-league>

10. COMPETITION REFEREE

The Regional League organiser will be designated the Competition Referee for the ERSL.

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

- altering or amending the playing schedule as necessary.
- determining if teams and/or players are in breach of these Regulations and imposing an appropriate penalty (including disqualification of any individual or team) and/or determining if a team, bench official, coach or player breached England Netball's Code of Conduct as detailed as such would be subject to England Netball Disciplinary process details can be found at www.englandnetball.co.uk
- Instances of unsportsmanlike behaviour including instances of teams predetermining the outcome of a match and /or the competition.
- Determine the score should any Match not be concluded due to any unforeseen circumstance.
- Any matter not covered specifically within the Regulations.

10.2 The Competition Referee 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 Referee.

11. COMPETITION COMPLAINTS PROCEDURE

11.1 All queries and complaints (a Complaint) should be directed to the Competition Referee in the first

instance which will be dealt with as follows:

The Competition Referee will determine if the nature of the complaint represents a potential breach of:

- i. The Competition Regulations, if so, it will be dealt with in accordance with the process set out at appendix 1a – Complaints procedure; appendix 1b – Appeals process and appendix 1c – Sanctions available to the Competition Referee or;
- ii. England Netball's Code of Conduct, if so, it the matter will be referred to the Netball East's Disciplinary Secretary to progress in accordance with England Netball's Disciplinary Regulations.

12. MISCELLANEOUS PROVISIONS

12.1 All clubs will be held responsible for their players, officials, spectators and venue.

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

12.3 Clothing:

12.3.1 No form of glove may be worn when playing netball. If gloves are required for medical reasons, the umpires may allow seamless leather gloves to be worn on production of an appropriate medical certificate, and provided that they are satisfied that any gloves worn do not present an obvious hazard to other players

12.3.2 All jewellery must be removed when playing netball, and players wearing jewellery (including body piercing) will not be allowed on court. The following exceptions will apply:

- Wedding rings may be worn, but must be taped
- Medic alert bracelets may be worn, but must be secured in such a manner that they will not constitute a danger to an opponent, i.e., with clear tape, and in such a way that it cannot be removed/lifted off by any accidental contact

12.3.3 If scarves need to be worn because of religious practices, the player and the coach must ensure that the material used for the head covering is soft, without embellishments which might constitute a danger, and with potential flowing/flapping edges held securely around the neck or tucked into the shirt collar as neatly and securely as possible

12.4.1 Any team wishing to video record or take Photographs at an ERSL match must give the opposing side at least three clear days' notice prior to the game to allow them to seek any parental permissions required under the duty of care. In addition, prior to the start of the game the team must obtain the written permission of the match officials, the relevant coaches or managers and the captains of the teams.

12.4.2 All teams must be aware that any video recordings may be used in the event of any dispute or hearing required to be decided by the league.

BREACH OF COMPETITION REGULATIONS

1. 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:
 - i. Inform their opponents and the Umpires of their complaint.
 - ii. Mark the Result sheet with the words "Under Protest".
 - iii. Send the marked Result sheet to the Competition Referee, within seventy-two (72) hours of the match.
 - iv. Attach a letter to the Result sheet to explain the issue in full to the Competition Referee.
 - v. The Competition Referee will decide what action should be taken.
2. The Competition Referee will acknowledge receipt of the query or complaint and decide 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 is binding apart from where parties to the complaint have the right to appeal the decision under Section 3 below.
3. Where a Complaint relates to the governance or administration of the Competition by the Netball East RMB such complaints will be dealt with under the Complaints Procedure of Netball East.
4. All disputes will be dealt with by a Dispute Resolution Panel made up of three (3) neutrally placed members of the Regional Competitions Technical Support Group or any other Regional Technical Support Group

APPEAL OF COMPETITION REFEREE DECISION

1. The decision of the Competition Referee in relation to a complaint submitted in accordance with section 10 shall be final and binding on all parties save that a party has a right to appeal in the following circumstances:
 - 1.1 If the decision has a potential impact on a match result, a league table, or the outcome of the Competition; or
 - 1.2 If there has been a failure by the Competition Referee to follow or act in accordance with these Regulations and/or the Competition Referee reached a decision on the basis of an error of fact.

These are the only grounds of appeal, and any appeal must be submitted in accordance with the appeals process set out below:

2. An appeal should be forwarded in writing from the Team Manager of the appealing Team to the Competition Referee within 72 hours of receiving the decision, who will refer it to the Chair of the Competition Technical Support Group.
3. The appeal shall be accompanied by a cheque for £100 which shall be returned if the appeal is upheld or if there are any other extenuating circumstances. The RMB will appoint a neutrally placed Appeals Panel (AP) one of whom will be appointed as Chair, will decide whether the extenuating circumstance warrant the cheque being returned.
5. The Chair of the AP will send the appeal to the opposing Team and any other Team the AP 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 AP to submit any evidence or submission that they wish the AP to consider.
6. All submissions and evidence must be submitted in writing. The Chair of AP will have the discretion to determine the process, procedure, and direction of the appeal.
7. The AP shall meet and reach a determination within seventy-two (72) hours of receiving all the evidence and submissions.
8. The AP 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 AP shall have the discretion to publish the decision through whatever means it considers appropriate.
9. The AP shall have the delegated power of Netball East 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.
10. 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.
11. 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, insofar as such waiver may be validly made.
12. 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.
13. 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.

SANCTIONS FOR BREACHES OF THE COMPETITION REGULATIONS

1. The Competition Referee has the authority to impose the following sanctions where it has been proven that a breach in the Competition Regulations has occurred.
 - a. The use of a Non EN Member, unregistered player, an illegal player or a player who is under-age and does not have written permission to play from the County Head Scout or equivalent will result in a deduction of 5 league points per player and they would have deemed to have lost the match 20-0.
 - b. All player's warning cautions and suspensions will be recorded on the Game Management Section of the result sheet with the umpire's initials. Any player who receives 6 warning during a season will receive an automatic one match ban.
 - c. Any player who receives 2 suspensions during a season will receive an automatic one match ban, in addition to any further reprimand as a result of further consideration of the incident(s). All associated paperwork to be completed by the umpires and returned to League/Competition organiser.
 - d. A record will be maintained of player suspension throughout the season in order to track suspensions
 - e. Any player, coach or team bench sent off during or after a match will receive an automatic one match ban in addition to any further reprimand as a result of further consideration of the incident(s). All associated paperwork to be completed by the umpires and returned to League/Competition organiser.
 - f. Failure to play on more than three occasions, unless extenuating circumstances prevail, result in expulsion from the League. If a team cancels, the offending team will meet all reasonable costs incurred by the non-offending team. The final decision will rest with the Chair of the Competition Technical Support Group and the Competition Organiser.
 - g. £5 for incomplete score sheet
 - h. £5 late notification of National Premier League score sheet.
 - i. £5 for late notification of result
 - j. £10 not providing a scorer for an ERSL match
 - k. £50 Cancellation of an ERSL fixture + all other reasonable costs incurred by the other team including venue hire costs, if appropriate.
 - l. Failure to notify Opposition and/or match Official 10 days prior to the fixture shall result in a 2-league point deduction

Appendix 1d

Positions at end of season Regional League			No change in teams from Premier League			Regional League winners promoted to Premier 3			Premier League 3 team relegated Regional League		
Div 1	Div 2	Div 3	Div 1	Div 2	Div 3	Div 1	Div 2	Div 3	Div 1	Div 2	Div 3
1	10	19	1	8	17	2	9	18	Z1	8	17
2	11	20	2	9	18	3	12	21	1	9	18
3	12	21	3	12	21	4	13	22	2	11	20
4	13	22	4	13	22	5	14	23	3	12	21
5	14	23	5	14	23	6	15	24	4	13	22
6	15	24	6	15	24	7	16	25	5	14	23
7	16	25	7	16	25	8	17	26	6	15	24
8	17	26	10	19	E1	10	19	E1	7	16	25
9	18	27	11	20	E2	11	20	E2	10	19	E1
			26 to enter playoff tournament 27 relegated to County league E1 Winners of play off tournament E2 Runners up play off tournament			27 relegated to County league E1 Winners of play off tournament E2 Runners up play off tournament			26 to enter playoff tournament 27 relegated to County league E1 Winners of play off tournament Z1 team relegated from Premier 3		

NB For future playing seasons the Regional Management Board or its nominees' organisers will determine the issues relating to promotion and relegation to achieve the stated desire for the league membership to cover more than one team relegated from the Premier League.

APPENDIX 2 – EAST REGIONAL LEAGUE ENGLAND NETBALL 2023-24 AGE BANDING APPLICATION FORM

Name of Player _____ Club/School _____
 County _____
 Region _____
 Date of Birth _____
 Today's Date _____
 Requesting to Play in Age Group _____ Competition _____

Contact details of person completing form:

Name:	Address:	
		Post Code:
Home Telephone:	Mobile:	
Email:		

The following must be completed and returned to the Competition Organiser of the competition the player is being considered to play in before the player is eligible to play out of their age band. By completing this form, you are determining that this player is suitable to play above their current age band. Please refer to the Age Banding Guidance and Support document before completing this form.

1)	Is the player currently in the England Performance Pathway (e.g., Satellite, County, Regional Academy)?	YES <input type="checkbox"/> Please proceed to question 2 NO <input type="checkbox"/> Please proceed to question 3
2)	Please state the level of the Performance Pathway the player is currently in, and the venue of the Academy	
3)	What level of competition is the player currently involved in?	
4)	What is the reason for the age band request?	
5)	Who will support/mentor the player during the process for her feeling of 'ease' with the transition?	Name _____ Position _____
6)	What monitoring strategy has been agreed by all interested parties?	

Please complete and tick the appropriate box The player: -

- | | | | | |
|---|-----|--------------------------|----|--------------------------|
| • has shown the physical ability to compete at a higher-level | YES | <input type="checkbox"/> | NO | <input type="checkbox"/> |
| • has shown the emotional ability to transition to a higher age band | YES | <input type="checkbox"/> | NO | <input type="checkbox"/> |
| • has the technical and tactical ability to take part the level of the higher age band | YES | <input type="checkbox"/> | NO | <input type="checkbox"/> |
| • progress will be regularly monitored | YES | <input type="checkbox"/> | NO | <input type="checkbox"/> |
| • The Team Coach has discussed this application with the player, the Club/School Safeguarding Officer and the players' parent(s)/guardian(s) (if the player is Under 18 years of age) | YES | <input type="checkbox"/> | NO | <input type="checkbox"/> |

Signed: _____ Coach

 _____ Club/School Safeguarding Officer
 Parent

NB: Please note that approval is not needed for this process. Completion and submission of this form will act as approval for the player to play out of their age band, providing it is completed in full and received by the competition organiser within the timescales they permit. Please refer to the competition regulations before submitting this form.

