East Regional Senior League

HANDBOOK

Season 2025/2026

East Regional Senior League
League Management Personnel

POSITION	NAME	CONTACT DETAILS
Chair of the East Competition Group	June Griffith	Result Sheets: eastregionresults@gmail.com
Vice Chair of the East Competition Group	Clare Southam	Email: erylcompetition@gmail.com
Competition Organiser & Competition Referee	June Griffith	Email erslorganiser@gmail.com
Results Co-ordinator	Gwen Foster	
Umpire Deployment officer	Gina Hopkinson	Email erl.netball.umpires@gmail.com

EAST REGIONAL SENIOR LEAGUE – Division 1 Teams

CLUB	CONTACT	HOME VENUE	PLAYING DAY	START TIME

BSV Billericay		21.09, 12.10 & 26.10 at Basildon sporting Village, Cranes Farm Road, Basildon SS14 3GR John Payne Catholic School Patching Hall Lane Chelmsford Essex CM1 4DJ	Sunday	10.30
Crosskeys		Mark Hall Sports Hall, London Rd Harlow, Essex CM17 9LR	Sunday	12.30
Hatfield Magpies		Simon Balle School, Mangrove Road, Hertford, Herts, SG13 8AJ	Saturday	12.30
Hertford Hornets Blue		Simon Balle School, Mangrove Road, Hertford, Herts, SG13 8AJ	Sunday	12.30
Ipswich Ladies		See attachment Suffolk One Scrivener Inspire Suffolk Ipswich School	Sunday	10.30 or 12.30
MK Netters Gold		Flitwick Leisure Centre Steppingley Road, Flitwick, Beds MK45 1TH	Sunday	10.30
Norfolk United 2		UEA Sportspark Norwich Research Park, Norwich NR4 7TJ	Saturday	11.00
SAS Reds		Stanborough School, Lemsford Lane, AL8 6YR	Saturday	11.45
Thoroughbreds 1		Town Close House Prep School, 14 Ipswich Road, Norwich NR2 2LR	Sunday	11.15
Turnford 2		The Broxbourne School, Badger Walk, Broxbourne, Herts. EN10 7FU	Sunday	10.30

		Except 14th December & 22nd March Stanborough School, Lemsford Lane, AL8 6YR		

EAST REGIONAL SENIOR LEAGUE – Division 2 Teams

CLUB	CONTACT	HOME VENUE	PLAYING DAY	START TIME

BSV Billericay A		Basildon sporting Village, Cranes Farm Road, Basildon SS14 3GR John Payne Catholic School Patching Hall Lane Chelmsford Essex CM1 4DJ	Sunday	12.25
Christchurch Ladies		See attachment Suffolk One Scrivener Inspire Suffolk Ipswich School	Sunday	10.30 or 12.30
Cottenham Jaguars (Co-Jags)		Cambourne Village College Sheepfold Lane Great, Cambourne CB23 6FR	Sunday	14.00
Eastwood		Seevic Campus Runnymeade Chase Benfleet SS7 1TW	Saturday	12.00
Grangers		University of Bedfordshire Polhill Ave, Bedford, MK41 9EA	Sunday	PM TBC
Harpenden Ravens		Samuel Ryder Academy Drakes Dr, St Albans AL1 5AR. Except 16th Nov & 1st March St Albans School, Abbey Gateway, St Albans, AL3 4HB	Sunday	10.30 12.30
Hertford Hornets Orange		Simon Balle School, Mangrove Road, Hertford, Herts, SG13 8AJ	Sunday	10.30
Norfolk United 2		UEA Sportspark Norwich Research Park, Norwich NR4 7TJ	Saturday	13.00
Omega NC		Simon Balle School, Mangrove Road, Hertford, Herts, SG13 8AJ	Saturday	14.30

Royston		Stewards Academy Parnell Road, Harlow, Essex CM18 7NQ	Saturday	11.00

EAST REGIONAL SENIOR LEAGUE – Division 3 Teams

CLUB	CONTACT	HOME VENUE	PLAYING DAY	START TIME
Abbey Flyers Nomads Solar		Samuel Ryder Academy Drakes Dr, St Albans AL1 5AR.	Saturday	13.00
Bears		USP-College Seevic Campus Runnymeade Chase Benfleet SS7 1TW	Sunday	12.30
Comberton		Hinchingbrooke School Brampton Rd, Huntingdon PE29 3BN	Saturday	13.30
Fusion Force		William Edwards School, Stifford Clays Road, Grays, RM16 3NJ	Saturday	12.30
Hatfield Phoenix		Simon Balle School, Mangrove Road, Hertford, Herts, SG13 8AJ	Saturday	10.30
Real Bedford East (Previously Team Beds)		Flitwick Leisure Centre Steppingley Road, Flitwick, Beds MK45 1TH Except 16/11/25 Bedford Greenacres	Sunday	10.30 or 12.30 Please see attached
Rookies		Wisbech Grammar School, 47 North Brink, Wisbech, PE13 1JX	Sunday	14.00
Thetford		Skyliner Sports Centre, Rougham Tower Ave, Bury Saint Edmunds IP32 7QB Except 13th December	Sunday Saturday	14.30 14.30

Thoroughbreds 2		Town Close House Prep School, 14 Ipswich Road, Norwich NR2 2LR	Sunday	13.15
Turnford 3		The Broxbourne School, Badger Walk, Broxbourne, Herts EN10 7FU	Sunday	10.30 or 12.30

EAST REGIONAL SENIOR LEAGUE
RULES & REGULATIONS

1. OVERVIEW

1.1 The Regional League is a league competition organised by the region to enable clubs to compete against each other to determine regional winners, whilst encouraging participation and development in netball through an open, fair, progressive, and transparent league structure, and will be known as the East Region Senior League (ERSL)

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

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

1.4 The winner of the highest division of the Regional League will be the club/team that goes forward to the England Netball Premier League Playoff's (unless they already have a team in competing in the league). If that club is already represented in the England Netball Premier League, the next highest team in the division who is not represented will go forward to the playoffs. See APPENDIX 1D.

1.5 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

2. STRUCTURE OF THE LEAGUE

2.1 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.

2.2 Each team in the ERSL will play the others twice, once at home and once away.

2.5 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 to pursue that promotion.

2.6 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.

2.7 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 4.1.3. 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.

3. ORGANISATION AND ADMINISTRATION

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

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

3.3 These rules and regulations shall be subject and secondary to the application of England Netball's rules and regulations, especially Playing Regulations.

3.4 It is the responsibility of all Team Managers, Coaches and Captains to ensure that all Participants are conversant with the rules and regulations and the England Netball Codes of Conduct. Netball East will present an annual Fair Play Award to the Club in each Division with the best disciplinary record

3.5 GDPR – Data Protection: Any personal data provided by the clubs will be used for this event only. It will be destroyed 3 months after the event and not shared with any third party.

3.7 County Leagues (or other mechanisms used by the counties) that feed into the Regional League playoffs are the responsibility of the County Netball Associations. These competitions may have different regulations to those set out in this document.

4. PRE-COMPETITION MANAGEMENT & ADMINISTRATION

4.1 Team Entry and Eligibility

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

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

4.1.3 A club may have a maximum of 2 teams in the Open Regional League; however, they may not have 2 teams in the same division.

4.1.4 The Region is entitled to charge an entry fee £20 to compete in Regional Leagues, this must be paid in full within the permitted timescales to be eligible. This charge will also include the £500 costs associated with appointing the umpires, where these are allocated by the region.

4..1.5 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.
iii. they are bound by the Competition Regulations
iv. they are bound by all the rules, policies, regulations, and by-laws of England Netball, including the England Netball Code of Conduct and Disciplinary Regulations, as may from time to time be in force.
v. They will participate in a sporting manner and play within the spirit of the game.
vi. If they qualify for the Premier League Play-off, they will attend.

4.2 **Player/Team Official Eligibility**

4.2.1 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.

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

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 of 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.

4.2.3 All Players must be over 14 years old as at 11.59pm on 31st August immediately prior to the commencement of the Regional League playing season unless they have completed the age banding consent form and submitted it with the Squad Registration Sheet. All players under the age of 18 must carry proof of age (and age banding consent if applicable) as random checks may be carried out.

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

i. copy of birth certificate
ii. copy of passport
iii. copy of medical card
iv. copy of a driver's licence

4.2.4 An adult who holds an EN DBS and safeguarding qualification MUST be present at any matches where players are aged 17 and under for safeguarding purposes.

4.2.5 ERSL is a female league in accordance with England Netball`s Gender Eligibility and Participation Policy so only biological females will be permitted to register and play in the League.: https://www.englandnetball.co.uk/document/trans-inclusion-guidance/

4.2.6 England Netball Recommends that individuals (player, coach, umpire) if pregnant, should only participate in accordance with the current England Netball guidance.

Please see England Netball Insurance FAQs

4.3 Registration of Squad Members

4.3.1 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

4.3.2 Clubs which have a team participating in more than one Open Regional League Division will register all players identifying eight (8) tied players who can only play in the highest division in which they have a team. 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.

4.3.3 Clubs with teams in both ERSL and the Premier League must register with the Competition Organiser at the beginning of the season (see 4.3.2) 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 eighteen (18) 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.

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.

4.3.4 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.

4.3.5 Only those players listed in the team on Engage, within the defined timescale, will be considered registered for that team

4.3.6 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.

4.3.7 Teams may only use those players whose names appear on their squad registration list held by the Competition Organiser.

4.3.8 Any additions to the squad must be lodged on Engage and then emailed to the appropriate League administrator by 17:00 hrs on the Friday prior to the fixture. Additional registration of players will not be accepted after 17.00 hrs on the Friday prior to the scheduled date for round 15.

4.3.9 Once a player has been named on a squad sheet and has played, they cannot transfer to another club during the course of the current playing season except within the transfer window (between week 9 & week 10) 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.

4.3.10 The League Administrators may in exceptional circumstances allow a Player to transfer between two clubs/teams during the playing season e.g., should that Player move house / relocate to an area were playing for their original team would not be practical.

4.3.11 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.

4.3.12 Players registered for this Regional League may only play for one club.

4.3.12.1 To allow player progression, players can play for a different club in the senior leagues to the club they play for in the junior leagues.

4.3.13 A player and/or team cannot participate in more than one Region's Open Regional League or competition, within the same season.

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

4.3.15 A player, once registered with a Super League team (NSL), may only play in the Regional League up to the start of the Super League Competition.

4.3.16 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.

4.3.17 Only players who have taken to the court played at least three (3) matches during the course of the season (prior to the cutoff date advised) 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 Super League.

4.3.18 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

4.3.19 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.

4.3.20 Where a club has a team participating in the England Netball Premier League the following provisos will control the movement of players.

4.3.20.1 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.

4.3.20.2 All non-tied players will be eligible to play ERSL including East Region play offs until they have played 18 quarters. Once the Eighteenth (18th) quarter is played they are tied to the Premier League.

4.3.21 A team may register up to two (2) players where the England netball 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 4.3.18.

4.4 **Competition Venues**

4.4.1 The home team is required to contact their home venue the week of the fixture to confirm the booking and check if there are any issues (i.e. damages, leaks, etc.). This should be done in writing via email with evidence available in the event of a venue issue on a match day.

4.4.2 Matches will be played on a full-size indoor court. The courts must have adequate surrounds and surface, post protectors and have ancillary facilities, including changing and showering facilities for both teams and officials, unless otherwise agreed by the League Administrator.

4.4.3 All venues must be geographically with the Region unless otherwise agreed by the CTSG through the League Administrator.

4.4.4 The home team is responsible for arranging the venue, and for the cost of this.

4.4.5 Prior to each match, on the day of the fixture it is the responsibility of the home team, together with the opposition to conduct a risk assessment using the standard form provided. To complete the form the home team will consult the umpires after they have done their checks.

4.4.6 Where a venue has a balcony/viewing gallery no spectators will be allowed courtside.

4.4.7 Umpires will undertake pre-game checks to ensure the game is safe to play. It is within their jurisdiction to not allow a game to go ahead and move or remove spectators from courtside. In instances where risks have been identified, a copy should be sent to the League Administrator.

4.4.8 Where venues are deemed unsuitable, by the officials, for the fixture on the day, the game is postponed and one of the following will apply subject to appeal:

4.4.8.1 Rearrangement played as an away fixture, and the original home team incur all costs.

4.4.8.2 Home Team concede.

4.4.9 The home team is responsible for providing hospitality for all match officials in the form of suitable and substantial refreshments served in a timely fashion after the match, maintaining current Government Guidelines and sanitation protocols unless agreed with League Administrator.

4.4.10 Each court will have home and away benches where coaches, substitutes and team officials must sit. An official table area will be provided where the scorers and timekeepers of both teams must be situated throughout the match.

4.5 **Accidents**

4.5.1 If an accident occurs at any match where a player, coach, official (umpire, Technical Official or Team Official), spectator or staff member is injured, the accident reporting procedure should be followed as detailed on https://www.englandnetball.co.uk/membership/insurance/report-a-claim/ This procedure should be followed for ALL injuries and accidents where the game is stopped for longer than 30 seconds, regardless of whether or not medical treatment is given.

5. FIXTURE ARRANGEMENTS

5.1 **Competition Scheduling**

5.1.1 All matches must be played on the weekend specified by the fixture schedule and take place on either a Saturday or a Sunday,

i. Once a club has identified the day matches will be played at the start of the season this cannot be varied without the agreement of the opposing club & officials for that game.

ii. The details of the home team's venue & time must remain as stated in the Handbook, unless there are extenuating circumstances. The home team must contact the ERSL organiser request a change from the state venue or start time stating the reason for the request, this will then be considered & must be agreed with the opposition and officials if granted.

5.1.2 The start time of each match 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.

5.1.3 The home team must provide, via email, re-confirmation of the fixture, its start time and travel directions (including postcode) at least ten (10) days prior to the date of the fixture. This email must be sent to the opposition & the 2 umpires.

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).

5.1.4 The away team will be responsible for arranging its own travel and the cost of this. The away team should allow sufficient travelling time to cover any unexpected delays. If a team is delayed in arriving for a fixture, the following protocol must be observed:

i. Inform the opposing team and umpires as soon as they are aware of a delay.

ii..—Any team which fails to arrive on time must take the court and be ready to play as soon as possible and in any event within 15 minutes of the agreed start time or will forfeit the fixture

iii. Advise the league administrator by indicating on the Results Sheet

iv. 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.

5.2 **Postponements**

5.2.1 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.

5.2.2 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. 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.

iv. 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 Competitions Referee having regard to the score at the time at which play was suspended.

5.3 Match Rules and Format

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

5.4 Match Timings

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

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

5.5 Kit and Equipment

5.5.1 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.

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

5.6 Match Officials

5.6.1 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.

5.6.2 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 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.

5.6.3 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 an umpire is delayed & informs the team that they will arrive within 15 minutes of the agreed start time, play will be delayed

ii. If another umpire of the appropriate standard is available, then they will umpire the match
Failing that, the next best-qualified umpire should be used

iii. if the appointed umpire arrives late and the game has already commenced, the umpire that started the game will continue for the entire duration of the match.

iv. The home team must inform the Regional League Administrator and the Umpire Deployer immediately after the match on the result sheet.

v Replacement umpires who may be a coach are not allowed to coach during the match or at intervals.

vi A replacement umpire MUST be an ACTIVE MEMBER OF ENGLAND NETBALL as listed on the Engage system.

5.6.4 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 as stated in 5.1.3

5.6.5 Umpires may be reporting their experience of the match including arrangements, welcome & refreshments at the match and reporting to the Umpire Deployment officer and the Competitions TSG shall review all submissions and refer any reports to the appropriate body in accordance with APPENDIX 1C.

5.6.6 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.

5.6.7. 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, they are required to withdraw from officiating.

5.6.8 To ensure all parties involved in East Region Netball League are up to date with guidance and management of the game, ALL ERSL umpires MUST attend a Game Management session every 2 years to be able to umpire, must provide evidence to The ER Umpire allocator if queried.

5.7 **Technical Officials**

5.7.1 The Technical Officials are the Scorers and Timekeepers and shall constitute the Officials Bench.

5.7.2 The Technical Officials do not need to have an EN membership and cannot hold any other role on match day

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

5.7.4 The home team MUST provide at least 1 timekeeper for each match played (who can also be the scorer). The timekeeper(s) MUST have a working knowledge of the World Netball rules currently in force.

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

5.7.6 Scorers are required to use the Regional Score Sheet for all matches provided by Home Team

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

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

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

5.7.10 One of the two Technical Officials provided by each team must be at least 18 years old (or accompanied by a responsible adult).

5.7.11 Failure to provide a suitable scorer will incur a penalty in accordance with APPENIX 1C.

5.7.12 If the venues does not have an electronic score board, a hooter must be provided and kept on the table.

5.8 Team Officials

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

5.8.2 A primary care person:

- Must be qualified to diagnose and treat injury or illness with a minimum of a first aid qualification (copy of first aid certificate to be made available at each match) It is advised that for the ERSL Teams that a qualified First Aider will suffice.
- 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
- is permitted on the court during a stoppage for injury/illness of a player or blood issues.

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.

5.8.3 Team Officials may be fewer than specified and may therefore undertake several duties. <u>It is preferable that they should not hold any other role.</u>

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

5.8.5 The Team Bench will be situated as agreed with the Umpires

5.9 **Scoring**

5.9.1 Teams will be awarded league points as follows:

a) Five (5) points for a win;
b) Three (3) points for a draw;
c) Two (2) points for a loss within 5 goals of the winners' score – i.e., 50-46 = 2 points, 50-45 = 1 point
d) One (1) point for a loss with more than 50 per cent of the winners' score
e) Zero (0) point for a loss with 50 per cent or less of the winners' score

5.9.2 A Regional League table will be compiled based on the points awarded to each team. Where two teams are level on points:

a) 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
b) 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
c) 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
d) In the event that neither goal average nor goal difference nor goals scored can differentiate between the teams, the aggregate score in the match or matches played between them over the course of the season shall be calculated and precedence given to the team that gained the most points.

5.9.3 In the event that none of the above differentiate between the teams, the Competition Referee or its nominee shall determine the means of differentiation.

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

5.10 Registration of Results

5.10.1 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 to 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 APPENDIX 1C

5.10.2 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

5.10.3 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

5.10.4 Both Team are required to enter their players names onto the ENgage match card, prior to the start of the match, & completing the quarters played for each player post-match on the day of the fixture, failure to complete this will result in a 1 point deduction.

6 COMPETITION REFEREE

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

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

6.2.1 Altering or amending the playing schedule as necessary.

6.2.2 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

6.2.3 Instances of unsportsmanlike behaviour including instances of teams predetermining the outcome of a match and /or the competition.

6.2.4 Disqualification of any individual Player or Team.

6.2.5 Maintaining and being responsible for a confidential Competition Referee Logbook, where appropriate.

6.2.6 Determining the score should any Match not be concluded due to any unforeseen circumstance.

6.3 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.

6.3 Determining any matter not covered specifically within these Regulations.

7. COMPETITION COMPLAINTS PROCEDURE

7.1 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.

8 MISCELLANEOUS PROVISIONS

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

8.2 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.

8.3 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.

8.4 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.

8.3 **Clothing, Kit , Hair & Head Guidance**

8.3.1 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

8.3.2 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

8.3.3 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

8.3.4 <u>Kit Guidance</u>

Kit should be uniform in colour. That means your team should coordinate in colours, but not everyone has to wear exactly the same thing.
You do NOT have to wear a dress.
You do NOT have to wear identical garments.
Players have a choice of kit, which could include:-
Dress, Shorts, Leggings, Skort, Skirt, Long sleeve t-shirt, Short sleeve t-shirt, Vest

8.3.5 <u>Hair Guidance</u>

Hair should be tied back securely.
Hair accessories must be safe for everyone on court.
A single ponytail fixed at one point works for all hair types.
Decorative accessories should be left off the court or covered with a bonnet.

8.3.6 <u>Head Guidance</u>

Hats, headscarves, bonnets or scarfs are allowed.
They should be soft, with no embellishments or loose fibres that could cause a risk.
Any edges or loose parts must be safely secured or tucked in.
Peaked caps, visors, or baseball-style hats aren't permitted.

APPENDIX 1A

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 7.1 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 England Netball

4. Where the Complaint relates to the behaviour of an individual Player or Team participating in, or a volunteer or individual attending a Match, which could be considered as a Disciplinary Offence under England Netball's Disciplinary Regulations, such Complaint will be dealt with in accordance with the processes set out in England Netball's Disciplinary Regulations and should be referred to the Disciplinary Secretary of England Netball.

5. 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

APPENDIX 1B

APPEAL OF COMPETITION REFEREE DECISION

1. The decision of the Competition Referee in relation to a complaint submitted in accordance with section 7 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 Competition Appeals Committee ("CAC") will decide whether the extenuating circumstance warrant the cheque being returned.

4. The Community Competition and Events Manager will establish a CAC which will consist of individuals that are independent of and not connected the Competition. One of those individuals will be appointed as the Chair. The CAC will usually but not exclusively be three members of England Netball's Executive Team.

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

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

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

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

9 The CAC shall have the delegated power of England Netball 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. There is no further right of appeal on this decision.

10 The procedures set out in this Appendix A and B 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 7 shall be English Law.

13 If the circumstances require a decision to be taken sooner than provided for by this Section 8, 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 the seventy-two (72) hours stated in this Section 8. In such cases the CAC shall issue a revised directions timetable which shall be binding on all parties

APPENDIX 1C

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 suspensions and ordering off 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 coach or team bench order off during or after a match will receive an automatic one match ban, any player ordered off will receive a 2 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 fee for an incomplete score sheet

   h. £5 fee for the late notification of National Premier League score sheet.

   i. £5 fee for the late notification of a result

   j. £10 fee for not providing a scorer for an ERSL match

   k. £50 fee for cancellation of an ERSL fixture plus all other reasonable costs incurred by the other team including venue hire costs, if appropriate.

   l. Failure to notify the opposition and/or match official 10 days prior to the fixture shall result in a 2-league point deduction

   m. Failure to enter detail on the Engage Match Card, in the specified time will result in a one (1) 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	11	21	1	9	19	2	10	20	Z1	10	20
2	12	22	2	10	20	3	13	23	1	12	22
3	13	23	3	13	23	4	14	24	2	13	23
4	14	24	4	14	24	5	15	25	3	14	24
5	15	25	5	15	25	6	16	26	4	15	25
6	16	26	6	16	26	7	17	27	5	16	26
7	17	27	7	17	27	8	18	28	6	17	27
8	18	28	8	18	28	9	19	29	7	18	28
9	19	29	11	21	E1	11	21	E1	8	19	E1
10	20	30	12	22	E2	12	22	E2	11	21	E1
			29 to enter playoff tournament 30 relegated to County league E1 Winners of play off tournament E2 Runners up play off tournament			30 relegated to County league E1 Winners of play off tournament E2 Runners up play off tournament			29 to enter playoff tournament 30 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 2025-26 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 ☐ Please proceed to question 2 NO ☐ 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 ☐	NO ☐
•	has shown the emotional ability to transition to a higher age band	YES ☐	NO ☐
•	has the technical and tactical ability to take part the level of the higher age band	YES ☐	NO ☐
•	progress will be regularly monitored	YES ☐	NO ☐
•	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 ☐	NO ☐

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.