



Rules for Season 2021-2022

CENA Contacts:

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1. Promotion/Demotion

- 1.1. The CENA League for 2021-22 will consist of four divisions of 10 teams and one division of 9 teams (Division 5) and will be played across two half seasons.
- 1.2. The points will be carried over from the first half of the season, to the second.
- 1.3. The winner of each division shall be determined by the team with the most points. See rule 3.2 in the event of a tie.
- 1.4. Promotion and demotion will happen once a season and at the end of the season.
- 1.5. At the end of the season, the teams who finish first in the Second, Third, Fourth and Fifth Divisions shall each be promoted to the First, Second and Third Divisions respectively for the following year. The teams who finish last in the First, Second, Third and Fourth Divisions shall each be demoted to the Second, Third, Fourth and Fifth Divisions respectively. The teams who come second in the Second Division and second last in the First Division, second in the Third Division and second last in the Second Division, second in the Fourth Division and second last in the Third Division, and second in the Fifth Division and second last in the Fourth Division shall compete in play offs to determine which teams are promoted and demoted, with the winners being promoted or staying in the higher Division and the losers being demoted or staying in the lower Division.
 - 1.5.1. For 2021-2022 season only, ENC Corals and Bass Rockateers BBN are playing in CENA for one season only. These teams may win their respective leagues but cannot secure promotion or relegation. For the purposes of Division 2 and Division 5, these two teams will be excluded from the above rule and the remaining teams duly ranked.
- 1.6. Playoff matches CANNOT be rescheduled.
- 1.7. In playoff matches, only the players named on the Team Sheet submitted to the CENA Match Secretary can play, this means teams cannot play players up or down for this match.

2. Matches

- 2.1. Matches will be 4x15 minutes.

- 2.2. Intervals will be 1 minute at each quarter time and 2 minutes at half time.
- 2.3. Matches will be played according to IFNA Rules. Any matter not covered in these rules, should be referred to the CENA Executive in writing via a club representative.
- 2.4. First named team on fixture list is considered the Home Team.

3. Points

- 3.1. Teams are given 3 points for a win, 2 points for a draw and 1 point for the losing team if they score at least half the goals of the winner.
- 3.2. Where there is a tie on points at the end of the season, the winners will be decided by goal difference: Goals for minus Goals against. The team with the highest difference wins. If in the situation that both teams have the same "difference", the scores for both games where these teams met during the season are added together and the team with the higher number of goals scored is the winner. In the event that the scores remain tied, a play-off between the two teams will be arranged.
- 3.3. One person from each member club is required to attend CENA meetings or participate in electronic voting. If a club is absent from more than three meetings or votes in one league season, each of that club's teams shall lose one point from their respective league table. Each of the teams will then continue to lose a point for each subsequent meeting missed during that season.

4. Timings

- 4.1. Teams must be ready to play at the allocated time. If a team is not ready to play the start will be delayed by a maximum of 10 minutes and the timings of the game adjusted to complete on schedule. E.g. 4x10 min quarters.
- 4.2. If after 10 minutes a team is still not ready to take the court, they will forfeit the game, in which case 3 points are awarded to the opposition. The 'winning' team will also be awarded 10 goals for whilst the 'losing' team will be awarded 10 goals against for that match.
- 4.3. In the event of an injury, the game will be stopped in accordance with the IFNA Netball Rules. The umpire also has discretion where serious injury occurs or issues with the court. If relevant, the timings of the game should be adjusted to complete on schedule. If the game is suspended following injury or umpire decision, the home team must inform the CENA Match Secretary to arrange for it to be replayed (where appropriate).

5. Teams

- 5.1. Only 12 players may be in the squad on match night. Normal rules of Netball will apply to substitutions etc. (see section 2.3)
- 5.2. All players must hold a current registration with Netball Scotland prior to taking the court at any time in the season.

Penalty: The team committing the infringement shall have any points awarded from the game deducted. The score line will stand.

- 5.3. Only players listed on pre-submitted Team Sheets (to the CENA Match Secretary) may take the court for any match (see Rule 6.2).

Penalty: The team committing the infringement shall have any points awarded from the game deducted. The score line will stand.

5.4. New players may play for a team part way through the season as long as by the time they take to the court (a) they hold a current registration with Netball Scotland and (b) their name is listed on a Team Sheet for that team that has already been submitted to the CENA Match Secretary.

5.5 If a player changes teams within a club, new Team Sheets must be submitted to the CENA Match Secretary for the team the player is leaving AND the team the player is joining.

Penalty: in the event that a team fails to submit a new Team Sheet removing the name of the player who has left the team and that player then plays for their previous team without it being indicated on the team sheet that the player is from a higher or lower ranked team, in accordance with Rule 5.6 or 5.7, as appropriate, the team will have any points awarded from the game deducted. The score line will stand.

5.6 A player from a lower ranked team may play up **twice** for a higher ranked team from the same club. When playing with a person from a lower ranked team, that team may only play with a maximum of 8 players only one of whom may be from the lower ranked team. After playing a third game with the higher ranked team this player may not play for the lower team again during the rest of the season. The player from the lower ranked team shall be indicated on the team sheet as being from a lower team. Teams should remember to submit new Team Sheets per rule 5.5 if relevant.

Penalty: Failure to comply with these requirements will result in the team committing the infringement having any points awarded from the game deducted. The score line will stand.

5.7 A player from a higher ranked team may play for a lower ranked team from the same club **once** only. When playing with a person from a higher ranked team, that team may only play with a maximum of 8 players only one of whom may be from the higher ranked team. The player from the higher ranked team shall be indicated on the team sheet as being from a higher team. **Each team may borrow a player from a higher-ranked team a maximum of three times per season.**

Penalty: Failure to comply with these requirements will result in the team committing the infringement having any points awarded from the game deducted. The score line will stand.

5.8 For the purpose of ranking teams, the league standing at the end of the prior season will determine higher and lower ranked teams within a club.

5.9 Players must be at least thirteen years old to play in the CENA league AND (in the reasonable opinion of their coach) sufficiently mature to play in an adult league.

6. Administration

6.1. Teams can consist of a maximum of 15 players – unless a club has only 1 team, in which case the team may have an unlimited number of players.

6.2. A team sheet must be submitted to CENA Match Secretary prior to the start of the league each season, listing the players eligible to play for each team. Players may only be listed on the Team Sheet of one team in the CENA league at any one time. Team sheets should be submitted electronically. An updated team sheet should be submitted by email whenever there are any changes to the original, e.g. after mid-season trials, new members joining a club, etc. Rules 5.2 & 5.3 will still apply.

6.3. A Match Results Sheet will be completed for each game. This will include the names of the players who were in the squad that night (a maximum of 12), the final scores, the Fairest Players, an indication of any players who have played up from a lower ranked team or down from a higher

ranked team and the date of the match. The sheet **MUST** be completed online and agreed by **both** captains **and** umpires.

- 6.4. It is the responsibility of the Home Team (see Rule 2.4) to ensure that the sheet is completed properly.

Penalty: The team committing the infringement shall have any points awarded from the game deducted. The score line will stand.

- 6.5. The CENA Match Secretary for Season 2021-22 is:

Joanne Campbell cenamatchsecretary1@gmail.com 07734695544

- 6.6. In the event of a team wishing to claim the points for a match (e.g. other team does not turn up) the representative of the team must inform the CENA Match Secretary, in writing, stating the basis on which the points are claimed. A copy of the letter must also be sent to the contact for the team from whom the point are claimed. This information should be sent as soon as possible and must be received within seven days of the match. The CENA Match Secretary will make a decision on the request. If required, it may be escalated to the CENA Executive for a decision.

7. Umpires

- 7.1. Each club is required to provide 1 umpire per team entered, qualified to the appropriate divisions, for the use of umpiring matches. For example, a club with 3 teams must provide a minimum of 3 umpires. Note: Clubs are expected to be able to umpire the proportionate number of games so the names provided must be able to commit to umpiring.

- 7.2. Adult league – teams **MUST** provide a Grade 'C' or higher umpire for all Division 2, 3, 4 and 5 matches. For Division 1 matches a Grade B must be provided. Failure to provide a named umpire with the relevant qualification will result in a Penalty.

Penalty: one-off fee of £75 (this is the cost of putting someone through their umpire qualification).

- 7.3. Payment: Division 1 umpires will receive £15 per game and Divisions 2, 3, 4 & 5 £10 per game. Teams pay the umpires officiating their game.

- 7.4. CENA will create a central umpire rota (on Google Documents) noting which club will umpire each game. Each club will have access to the Document and must populate the rota with the name of the umpire who will officiate the relevant games. This should be done as far in advance as possible, but will be checked weekly on the Monday prior to the Sunday fixtures. Failure to update the Rota for a Monday deadline will result in a Penalty. No changes should be made after the Monday deadline except in extenuating circumstances.

Penalty: £20 fine for the Club for each failure to update the Umpire Rota by the weekly deadline.

- 7.5. Umpires must be at the venue on time and ready to start the games to schedule. As per IFNA Rules, if either 1 or both umpires are not provided the match must be cancelled. The HOME team must inform the CENA Match Secretary of the cancellation.

Penalty: Failure of an umpire to attend will result in a fine of £20 to the Club due to provide the umpire.

- 7.6. At the end of each half season, the CENA Executive will total the number of games each club has umpired with the umpires named on their league entry. Clubs failing to cover their proportionate allocation of games will be penalised. Umpires who are registered with more than one club will have their umpiring shared between the allocations for each of their clubs.

Penalty: A fine of £10 per game will be issued to Clubs failing to cover their allocation at the end of the season.

- 7.7. Penalties: The Treasurer will invoice clubs for payment within 30 days of the end of each half season. Fines will be used for the development of Umpires in the CENA area.
- 7.8. It is the Umpires' job to be in position and ready to start/end their matches at the allotted times.
- 7.9. Umpires are responsible for ensuring the games are properly scored, timed by the teams – the home team will be the one allocated timekeeper at each game (unless agreed by both teams) - and played in accordance with the rules of the game.
- 7.10. Umpires must wear either white top and white bottoms or black top and black bottoms (or a combination of the two) and at no time wear CENA team logos regardless of what teams they are umpiring. Shorts or skort are preferred to leggings to maintain professional umpire standards.
- 7.11. Umpires must attend a pre-season Umpiring workshop, as organised by the CENA Executive. Failure to attend will result in the individual being unable to umpire for the season, unless otherwise agreed with the CENA Executive.

Workshops are mandatory and are open to non-umpires or people considering becoming an umpire.

8. Cancellations/Re-scheduling

Due to the tight schedule, all teams are encouraged to play their matches as per the Match Fixtures List and not seek to rearrange matches.

- 8.1. If a team fails to appear for a match then, unless it has been agreed in accordance with these rules that the match will be re-scheduled, 3 points are awarded to the opposition. The 'winning' team will also be awarded 10 goals for whilst the 'losing' team will be awarded 10 goals against for that match.
- 8.2. If a team wishes to re-schedule a league game, they should contact the CENA Match Secretary, their opposition, and the umpires with at least one months' notice.

Penalty: Any team who cancel more than two matches with less than one months' notice within a season will have a penalty of £20 for each match.

8.2.1. The Oriam venue do not allow CENA to cancel scheduled court hire. The team requesting the re-schedule will need to arrange/book an alternative venue and cover any court hire costs incurred. Clubs should also inform the CENA Match Secretary of the revised date & time of the match.

8.2.2. Each team is responsible for arranging one umpire for the rescheduled match, ensuring they have the appropriate grade. Payment and penalties are as per the rule 7.

- 8.3. If a team wishes to re-schedule a league game because two or more players are to be involved in a competition which has been organised by a national sporting body (e.g. Netball Scotland, Scottish Universities), then the representative of the team must inform the CENA Match Secretary in writing, stating the basis for cancelling the game, AT LEAST two weeks prior to the game. NO requests will be considered after the two-week period prior to the game. The CENA Match Secretary will approve or reject the request and it will be up to the team asking for the match re-schedule, to contact the opposition and umpires to re-arrange the match. Any costs incurred, must be covered by the team requesting the re-schedule. The teams MUST still provide umpires for the other scheduled matches. See rules 8.1 & 8.2.

If a team wishes to appeal the decision of the Secretary, they can contact the CENA President in writing for a decision.

Penalty: see rules 7, 8.1 & 8.2

- 8.4. If a team wishes to re-schedule a league game for any reason not covered by Rule 8.3, they must contact the team they are scheduled to play, copying in the CENA Match Secretary, stating their reasons for seeking to re-schedule the match. If this is at least two weeks before the match in question then the game will be re-arranged. Any time less than two weeks gives the other team complete discretion whether to accept the invitation to re-schedule the match or not. The team that has suggested that the match is re-scheduled must advise the CENA Match Secretary of whether or not the match is going ahead and when. In accordance with rule 8.2, if less than one month's notice is given and club has cancelled 2 (or more) previous matches, a £20 fee will be incurred.

Any costs incurred, must be covered by the team requesting the re-schedule. The teams MUST still provide umpires for the other scheduled matches. See rules 8.1 & 8.2.

If a team wishes to appeal the decision of the Match Secretary, they can contact the CENA President in writing for a decision. For Season 2021 / 22 - See Covid protocols at the end of this document.

Penalty: see rules 7, 8.1 & 8.2

- 8.4.1. If the match is re-scheduled (i) it must take place by the end of the half season in which the match was originally scheduled to take place; (ii) any costs incurred in relation to the match shall be borne by the team seeking to re-schedule the match. See rule 8.2; (iii) each team will be responsible for providing one umpire each; and (iv) the score of the re-scheduled match shall stand, with the match sheet being submitted in accordance with these rules.

- 8.4.2. If the match is not rescheduled, it shall be treated as though the team wishing to re-schedule has forfeited the match, i.e. 3 points are awarded to the opposition. The 'winning' team will also be awarded 10 goals for, whilst the 'losing' team will be awarded 10 goals against for that match.

- 8.5. Once a match has been agreed to be cancelled or rescheduled, the team cancelling or rescheduling must contact the CENA Match Secretary, their opposition, and the umpires by Friday at 8pm prior to the game.

- 8.5.1. **Penalty:** a failure to make contact with their CENA Match Secretary in accordance with this rule will result in the forfeit of 1 point from the infringing team. This is in addition to any penalty applied due to the cancellation or forfeiture of a match.

9. Discipline/Disputes

The CENA Complaints and Discipline Committee shall consist of the Executive Committee, and CENA Match Secretary, chaired by the President. The Committee shall meet as and when required and may invite additional people as required.

- 9.1. Any disputes which cannot be dealt with by the umpires during a match must be lodged in writing by the club(s) or umpire(s) concerned to the CENA Secretary within 7 days of the match for resolution. If the CENA Secretary is unable to resolve the dispute, it shall be referred to the CENA Complaints and Discipline Committee.
- 9.2. Any complaints regarding league issues, umpires, players, side-line issues etc. must be lodged in writing by the club(s) or official(s) concerned to the CENA Secretary. If this is considered serious then the complaint will be referred to the CENA Complaints and Discipline Committee.

- 9.3. Any infringement of the rules during a match of a serious nature should be reported to the CENA Secretary and President by the umpire(s) for consideration, who may evoke the CENA Complaints and Discipline Committee for action. This must be submitted in writing no later than 1 week after the infringement has occurred.
- 9.4. Upon receipt of any disputes/complaints the CENA Complaints and Discipline Committee must ask for a report from both umpires and from the offending team/player/coach/umpire, on their conduct within 7 days. The said Committee may also ask for a report from other parties involved if it is deemed necessary. The said committee is to consider all reports and respond with a resolution and advise of any match bans or penalties to the person who lodged the complaint, the Division Coordinator and the club(s) President within 3 weeks of receipt.
- 9.5. The Executive have the right to apply match bans to individual players and/or penalise teams if deemed appropriate.
- 9.6. Any ruling on disputes or discipline made by the CENA Complaints and Discipline Committee will be binding and will not be subject to appeal.
- 9.7. If any team feels aggrieved by the application of the league rules, it may appeal to the CENA Complaints and Discipline Committee, outlining the reasons why it doesn't think the rules should be applied in its particular case. The said Committee shall be entitled to invite and consider the views of any other team who would be affected by the application or non-application of the rule(s) in question and the decision of the said Committee will be binding and not subject to appeal. Any such appeal shall be made as quickly as possible after the application of the rule(s) in question and must be made by the end of December in relation to rules applied during the first half of the season and before the end of the week following the last game of the league in relation to rules applied for games falling in the second half of the season.

2021 – 2022 Protocols

Due to the COVID-19 pandemic and legislation currently in place, the following protocols apply for the 2021 2022 Season.

Please direct any questions to the CENA Match Secretary or CENA Committee:

Cenamatchsecretary1@gmail.com

Cenapresident1@gmail.com

Arrival/Warm up time

Teams are requested NOT to arrive too early as we need to minimise the number of people in the building. Players should arrive in sufficient time to be ready to enter the court and warm up 10 minutes before your match start time.

Match timings

The stated time is the expected start time. You should have already completed the coin toss and covid cleaning before this time. Quarters are 15 mins (to be timed by the home team) with 1 minute at quarter time and 2 mins at half time. Umpires have been advised to be very strict with this to maximise warmup time for the next match.

Where a significant injury occurs and more than the standard 30 seconds is required, the umpires and team captains should agree to reduced quarters to ensure the game still finishes at the agreed time. If required, the game could be abandoned. Please advise the Match Secretary where the game time has been reduced or abandoned.

Result submission/E-Match Sheets

At the end of the game (preferably immediately) please complete your team sheet for the game - [find your match sheet here](https://netballedinburgh.co.uk/competitions/cena-league-2/) - <https://netballedinburgh.co.uk/competitions/cena-league-2/>

Both teams should complete this and should have spoken at the end of the game (along with umpires) to confirm the agreed score and find out the names of the chosen fairest opposition player. Please do not write e.g. 'GA 2nd quarter' as the fairest player - a name must be submitted. The league tables will be updated if both scores match. Any mistakes spotted or changes needed to your match sheet, please email cenamatchsecretary1@gmail.com.

Usual Protocols

Please emphasise to your players that the usual rules surrounding short nails, hair tied back, and jewellery stand for all divisions. Jewellery in particular is always an issue at the start of the season. Players must remove it or will not get to play. Taping can be used but only for a wedding band or a medical bracelet.

Remember to pay one of the umpires who umpire your game. £15 for div1 and £10 for other divisions.

COVID Specific Protocols

Please wear a mask within Oriam corridors and toilets at all times. Coaches should be wearing masks, and distancing should be observed by substitutes.

Supporters are not allowed unless it impacts the team's ability to field a team (e.g. young children who do not have alternative childcare are permitted). For junior players, parents should drop off at the main door.

1m distancing required while waiting to enter the court.

Balls should be cleaned between quarters – we recommend two match balls to ensure plenty of time to do this.

Posts should be cleaned between matches.

Matches & Covid testing – provided teams have enough players, games should go ahead. Where a team is unable to field a team due to positive Covid testing, contact the Match Secretary ASAP and we can consider case by case and CENA may ask for evidence of positive PCR. If a game is to be rescheduled the Match Secretary will facilitate this with the teams.

Videoing Games & Photography

The team wishing to film or take photographs, must get consent from the other team and umpires BEFORE the game commences and note on the match sheet.

Contact Details

Here is a [link to all captains' details](#) - if you plan to request a rearrangement of a game, please copy in this email address so I know to cancel the court booking.

Umpire rota

Here is a [link to the umpire rota](#) in case of any confusion on the night.