



Rules for Season 2023-2024 applicable to CENA Junior Leagues

Part 2 – CENA Junior League

It is the responsibility of all coaches to ensure that all players are conversant with the following rules and regulations:

1. League Composition

- 1.1. The CENA Junior League for 2023-24 will consist of five divisions: u12s, u14s, u16s, u18s and Division 2.
- 1.2. For u12s all teams will play each other once. For u14s, u16s u18s, all teams will play each other once and then the league will split into two halves and the teams in each half will play each other again.
- 1.3. Application for entry to the CENA Junior League shall be open to any club, which is affiliated to Netball Scotland, hold the Thistle Mark (or are working towards it) and trains within Edinburgh or its neighbouring local authorities. However, priority will be given to clubs who train within the local authority boundary area. To maximise the opportunities for participation junior clubs can enter up to two clubs per age category, if space allows.
- 1.4. Clubs entering in the CENA Junior League agree that they will abide by these rules and regulations and will fulfil the costs and commitments of participation.
- 1.5. To participate in the different age banded sections of the CENA Juniors all players must be:
over 9 but under 12 on 31 December 2023 in the U12 section
under 14 on 31 December 2023 in the U14 section
under 16 on 31 December 2023 in the U16 section
under 18 on 31 December 2023 in the U18 section
- 1.6. At the end of the season, the teams who finish with the most points in their leagues will be considered league winners.

2. Teams

- 2.1. Only 12 players from a squad may be in the team on match day. Normal rules of netball will apply to substitutions etc.
- 2.2. All players must hold a current registration with Netball Scotland prior to taking the court at any time in the season.
- 2.3. Only players listed on pre-submitted Squad Sheets (to the CENA Junior Secretary) may take the court for any match (see Rule 4.2).

- 2.4. Where two or more teams are entered from the same club in an age band, these teams must be declared in order of merit i.e. A, B, C etc, or in the case of team names these shall be in alphabetical order.
- 2.5. No player can play for more than one team on any given fixture date e.g. if an A & a B team are entered in the U14s league then they cannot play for both teams on the same date.
- 2.6. 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 Squad Sheet for that team that has already been submitted to the CENA Junior Secretary.

3. Matches

- 3.1. Matches will be played according to INF Rules.
- 3.2. The matches are to be played indoors at a suitable venue which will be booked by the CENA Juniors. All fixture dates are set at the beginning of the season and matches must be played at the set time and date.
- 3.3. U16 and U14 matches will usually consist of 4 quarters of 12 minutes, with intervals of 1 minute at quarter time and 2 minutes at half time, unless stated otherwise. U18s matches will consist of 4 quarters of 15 minutes, with intervals of 2 minutes quarters and 3 minutes at half time. The length of U12 matches will be decided when the number of entries has been confirmed but likely to be 4 halves of 8 minutes.
- 3.4. Set times have been allocated as per the fixture sheet and matches must be completed within these set time frames to avoid impacting on other matches. If a match does not start on time, then the quarters must be reduced so that the following match is not affected. The umpire will determine the length of the match in this circumstance.
- 3.5. In the event of an injury, the game will be stopped in accordance with the INF 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.
- 3.6. Any matter not covered in these rules, should be referred to the CENA Junior Executive by email.
- 3.7. The first named team on the fixture list is considered the Home Team.
- 3.8. 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.
- 3.9. 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.

4. Administration

- 4.1. Squads can consist of a maximum of 15 players.
- 4.2. A Squad Sheet must be submitted to CENA Junior Secretary prior to the start of the league each season, listing the squad players eligible to play for each team. Players may only be listed on the Squad Sheet of one team in the CENA Junior League at any one time. An updated Squad 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.

4.3. A Match Results Sheet will be completed for each game. This will include the names of the players who were in the team that day (a maximum of 12), the final scores, the Fairest Players, and the date of the match. The sheet should be completed on paper agreed by both coaches and umpires. A copy of the Match Results Sheet will be handed to a CENA representative on match day and also a photo of the match sheet must be emailed to cenajuniors1@gmail.com.

4.4. It is the responsibility of both teams to ensure that the sheet is completed properly.

5. Umpires and match officials

5.1. For Div 2 and U12s matches, CENA Juniors will provide the umpires for each game.

5.2. For u14s, u16s and u18s games each club is required to provide one qualified umpire per team entered.

5.3. It is the umpires' job to be in position and ready to start/end their matches at the allotted times.

5.4. Teams are also required to provide a competent scorer for each match, who regularly check scores with the opposition's scorer.

5.5. The league recommends that umpires or people considering becoming an umpire attend the pre-season umpiring workshop, as organised by the CENA Executive.

5.6. CENA Juniors reserves the right to allocate unqualified/trainee umpires to matches for training/mentoring purposes.

6. Behaviour and conduct

6.1. All clubs will be held responsible for their players, coaches, and spectators.

6.2. Each team must be accompanied by a responsible adult (over 18 years old) and carry a first aid kit.

6.3. All clubs should ensure that players are netball ready and should remove all jewellery (except a covered Medi-Alert bracelet) and friendship bracelets and nails are short and smooth. Players wearing jewellery (even taped earrings) will not be allowed on court.

6.4. Anyone wishing to take photographs must request permission from both teams, and their contact details recorded. It may be necessary to ensure that any athlete declared to be at risk is not photographed. It is the responsibility of coaches to monitor anyone taking photographs during their matches. Any person breaking this rule and found to be photographing may be asked to leave the vicinity. Please advise all parents and supporters to avoid any embarrassment to them and the officials.

6.5. All players, coaches and spectators should:

6.5.1. Respect coaches, umpires and players - both your own team and the opposition

6.5.2. Not use offensive language, remarks or behaviour

6.5.3. Adhere to the venue's policies

6.5.4. Remove litter and lost property, including water bottles at the end of their match

7. Cancellations/Re-scheduling

7.1. If a team wishes to re-schedule a league game because four or more players are to be involved in a competition which has been organised by a national sporting body (e.g. Netball Scotland), then the representative of the team must inform the CENA Junior Secretary by email, 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 Junior 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 to re-arrange the match. Any costs incurred, must be covered by the team requesting the re-schedule.

- 7.2. If a team wishes to re-schedule a league game for any reason not covered by Rule 7.1, they must contact the team they are scheduled to play, copying in the CENA Junior 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.
- 7.3. 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. Discipline/Disputes

- 8.1. Any team official who intends to raise a query or complaint regarding the playing of a match and/or its result should inform the opposing team and the umpires on the day of the match.
- 8.2. Any queries or complaints regarding the playing of a match and/or its result must be submitted in writing to the CENA Junior Secretary within seven days. If this is considered serious then the complaint will be referred to the CENA Complaints and Discipline Committee.
- 8.3. 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 will use best endeavours to determine the issue and respond with a resolution within 10-20 days.
- 8.4. The Committee will determine the penalty to be imposed on teams and players who are in breach of these rules and regulations regarding the playing of matches in the CENA Junior leagues, penalties will include reprimands, the deduction of league points, fines, suspensions, and expulsion from the competition.