



Hong Kong Netball Association

LEAGUE HANDBOOK

2009/2010



**Subvented by the
Leisure and Cultural Services Department**



Hong Kong Netball Association

Season 2009 / 2010

League Handbook

Welcome to the Hong Kong Netball Association (HKNA) League Season 2009/2010 The Executive Council wishes all players, umpires, coaches and supporters an enjoyable and rewarding season.

This year we will be using four venues: Hong Kong Football Club; Western Park; Wong Chuk Hang Indoor Complex; and the Aberdeen Outdoor Centre. The HKNA Executive Committee wishes to thank the HKFC for again, providing us with an indoor venue.

- This Handbook contains information on the HKNA Committee, Club Convenors and Club Captains, past league results, instructions for Monday league nights and maps showing the venues.
- The HKNA League By-laws are in a separate document that was emailed to Club Convenors for distribution. Should you require another copy, please email the League Convenor.
- The fixtures list, umpiring schedule and desk duty rota can be found in a third document which was distributed at the Captains meeting on Sept 28th, 2009. It was also email to Club Convenors. Again, please email the League Convenor should you require another copy.
- If there are any queries concerning the by-laws please do not hesitate to contact the League Convenor, or on a League night, the HKNA Representative on duty.

The League Convenor for 2009/10 season is Alexandra Lynch who can be contacted at hknaleague@ymail.com

Happy netballing!

HKNA Committee



Hong Kong Netball Association

PATRON
Legal Advisor

Ms Daisy Ho
Ms Katherine Abrat

HKNA Executive Council Members

Name	Position	Club	Mobile	Email
Veronica Arnold	President	Independent	9046 6044	ronarnoldhk@gmail.com
Jenny Chadwick	Vice President	Independent	9237 2891	jchad@cis.edu.hk
TBC	Treasurer			
Prisca Lam	Secretary	Surprises	9801 0185	prisca@graduate.hku.hk
Joanne De Vries	Mixed League	Aussie	9023 5499	devries_joanne@hotmail.com
Maggie Leung	Men's League	Hantang	9520 6118	lsykey@yahoo.com.hk
Alex Lynch	League	HKCC	6103 8560	hknaleague@ymail.com
Brooke Menser	Equipment/Facilities/Venue	Valley	9423 5740	brooke.menser@db.com
Carol Chan	Schools/Universities	Hantang	6028 7389	carol_1112@hotmail.com
Ivy Wong	Sponsorship/Publicity	Aussie	9754 1194	Ivy.wong@meatmarket.hk
Lorraine Pak	Development	Hantang	9312 4202	skypak3@yahoo.com.hk
Rosanna Wong	Umpiring	Surprises	9416 9599	rypwwong@yahoo.com.hk

HKNA Office:

Room 1016, Olympic House
1 Stadium Path, So Kon Po
Causeway Bay, Hong Kong

Tel: 2504 8208 2504 8207
Fax: 2577 5694
Email: hkna@hkolympic.org

CLUB CONVENORS

It is the responsibility of each club to ensure that HKNA is informed of any changes made to this and the following league teams & captains list.

Club	Convenor	Phone	Email
Australian Association	Ivy Wong-Stephens	9754 1194	netball@ozhongkong.com
Discovery Bay	Alison Da Costa	9533 8737	dacosta@coolmail.org.uk
DOGA	Anna Wong	9102 5728	annanetballwong@yahoo.com.hk
Youth	Connie Wong	6696 7151	conniewongnetball@hotmail.com
Hantang	Lorraine Pak	9312 4202	skypak3@yahoo.com.hk
HKCC	Sarah Chillington	98161814	sarahchill@netvigator.com
HKFC	Karin Loram	9811 4737	Karin.looram@gmail.com
HKU	Shirley Yuen	9125 6418	syuen@hku.hk
Kowloon Netball Club	Dionne Bowden	95318286	dionne.bowden@fil.com
Missing Mondays	Tracy Hayes-Williams	9804 6114	tjhw@pacific.net.hk
NTA	Madeleine Miller	6477 1885	madeleine.miller@kgv.edu.hk
Shimmer	Daisy Wong		daiz.wong@gmail.com
Surprises	Regina Wong	9027 7705	regina_netball_1995@yahoo.com.hk
Valley	Cara Wallace	6901 2463	valleynetball@hotmail.com cara.wallace@sap.com

TEAM CAPTAIN CONTACT DETAILS

(alphabetical by team name)

	TEAM NAME	CAPTAIN(s)	PHONE	EMAIL
	Allied Pickfords			wendy.list@financial-partners.biz
1	Cockatoos	Captain: Wendy List	94542985	
2	Allied Pickfords Emus	Captain: May Lynn Chiu Captain: Ivy Wong	9097 8777	may_lynn_chiu@hotmail.com
3	Allied Pickfords Geckos Allied Pickfords Great	Stephens	97541194	ivy.wong@meatmarket.hk
4	White Sharks Allied Pickfords	Captain: Julia In	60774341	juhiein@yahoo.co.uk
5	Kangaroos	Captain: Kelly Hughes Co-Captain: Carolyn	93109269	kelly.hughes@regus.com
6	Allied Pickfords Koalas	Locandro Co-Captain: Mary	94302578	locandro@netvigator.com matchboxweaver@yahoo.com.
7	Allied Pickfords Koalas Allied Pickfords	Weaver Captain: Francesca von	95756832	au francescavonetzdorf@gmail.co
8	Kookaburras	Etzdorf Captain: Jelita Gardner-	60125855	m jelita.gardner-
9	Allied Pickfords Redbacks	Rush Captain: Stephanie	97662392	rush@linklaters.com
10	Allied Pickfords Rosellas	Hadaway Captain: Rima	67170938	steph.hadaway@gmail.com
11	Allied Pickfords Wallabys DB Pirates The Black	O'Sullivan Mandy Mansbridge	63885453 91065446	rima_osullivan@hotmail.com sendmesomethingnice@hotmail.com
12	Pearls DB Pirates The Jolly	Charlie Ko	97584664	charlieestcourt@hotmail.com
13	Rogers DOGA	Anna Wong	91025728	annanetballwong@yahoo.com.
14				hk
15	Hantang	Lorraine Pak	93124202	skypak3@yahoo.com.hk conniewongnetball@hotmail.c
16	HK Youth	Connie Wong	66967151	om
17	HKCC Black Magic	Michelle Cowan	9446 8719	michellecowan@hsbc.com.hk
18	HKCC Crickets	Mae Lu	9867 9950	maesie73@hotmail.com
19	HKCC Devils	Abi Tannis	6306 5521	abigail.tannis@hays.com.hk
20	HKCC Dragons	Sian Lewis	6331 4025	Sianiel2004@yahoo.co.uk
21	HKCC Fielders	Sian Beswick	9717 2613	sian.beswick@gmail.com
22	HKCC Griffins	Katrina Shute	6627 9820	katrinashute@hotmail.com
23	HKCC Optimists	Anna Edwards	6501 2012	annainhkg@hotmail.co.uk
24	HKCC Phoenix	Kelly Naphtali	9046 3032	Kelly.Naphtali@Lovells.com
25	HKFC Club	Alex Weston	9260 0145	caweston@netvigator.com
26	HKFC Cyclones	Kathryn Duthie	90721556	kathryn_duthie@hotmail.com
27	HKFC Hurricanes	Jess Lavender	93343771	jc_lavender@yahoo.co.uk
28	HKFC Tornadoes	Michelle Cairns	92725717	mpcairns@netvigator.com
29	HKFC Typhoons	Katy Chandler	9433 3308	

	TEAM NAME	CAPTAIN(s)	PHONE	EMAIL
30	HKFC Whirlwinds	Vanessa Elliot	6331 2516	vanessa@nesbittcentre.org.hk
31	HKU Giants	Shirley Yuen	91256418	syuen@hku.hk
32	HKU Lions	Phoebe Chong	92096166	netball@hku.hk
33	Kowloon Diamonds	Maeve McGivern	6144 1796	maeve.mcgivern@hays.com.hk
34	Kowloon Sapphires	Katie Miller	6232 3525	katiemiller23@yahoo.com
35	Missing Mondays	Tracy Hayes-Williams	98046114	tjhw@pacific.net.hk
36	NTA	Ellie Hitchings	65090645	ellie.hitchings@kgv.edu.hk
37	Shimmers	Daisy Wong		daiz.wong@gmail.com
38	Surprises	Lam Sik Man Prisca	9801 0185	prisca@graduate.hku.hk
39	Valley Cheetahs	Ayeesha Shahani	9228 2477	ayeesha_shahani@hotmail.com
40	Valley Cougars	Lisa Rodgers	6621 4137	lisarodgers@hsbc.com.hk
41	Valley Jaguars	Shafin Azim	6332 8212	shafin03@aol.com
42	Valley Leopards	Jo Kennard	9458 3557	jkennard@renaissance.edu.hk
43	Valley Panthers	Ellie Stanley	9081 6193	elliestanley@hotmail.com
44	Valley Pumas	Joanne Fairhead	9279 3020	joanne.fairhead@disney.com
45	Valley Tigers	Mandy Hodgson	5160 4054	hodgsonmandy@hotmail.com

CAPTAIN'S DUTIES

The captain should amongst other things:

- Read HKNA Competition Rules and By-Laws as stated in this booklet and be familiar with the rules of IFNA.
- Ensure the team is ready to play before commencement of games.
- Ensure players do not go on court wearing jewellery.
- Ensure all fingernails are cut short and smooth and NOT TAPED.
- Ensure the score sheet is completed in accordance with the Competition Rules and By-Laws.
- Ensure the team has provided a scorer and umpire for the appropriate game and that they know how to record the score and centre passes.
- Ensure all team players are wearing the correct uniform. (No tracksuits or bike pants – Umpires may ask players to remove bike pants or leave the court.)
- Encourage the team to warm up before a game to avoid injury.
- Ensure that all players respect both umpires and opponents.
- Sign the score sheet and return to Desk Duty Supervisor if you are the winning team.
- Check dates and times of all fixtures and inform all team members.
- If forfeiting a game, ensure that it is done in accordance with the By-Laws.
- Comply with the By-Laws in relation to new players and guest players.
- Ensure that the Handbook is passed on to the next captain if you cease in this role during the season.

The Score Sheet: please note ...

- PRINT names please – this information will be used by the HKNA Office.
- Indicate guest players with their team & division they are guesting from.

LEAGUE NIGHT DUTIES AND RULES

DESK DUTY – AT ALL VENUES

It is expected that desk duty supervisors will read through the desk duty folder prior to the commencement of any games. HKFC personnel will have the HKNA Kit Bag in hall. At Western Park (WPK) and Wong Chuk Hang (WCH) please retrieve HKNA Kit Bag from the Venue Management.

The desk duty supervisor will carry out the following duties:

- Arrive at the venue in sufficient time to set up for the games (at least 10 minutes before the start of the first game).
- Keep central time for all matches and sound the bell.
- Make the HKNA First Aid Kit available to players.
- Have a score sheet with clipboard and pen available before each game and check they are returned at the end of each game and are correctly completed.
- Ensure umpires clearly print their name and sign the umpiring record sheet before the relevant game is commenced. This sheet will be used by HKNA for any points/fine

deduction. Leave the umpiring record sheet in the folder for collection by the Umpiring Convenor.

- Hand game ball to umpire and ensure it is returned at the end of each game.
- Email results to HKNA League Convenor the following day – hknaleague@ymail.com
- Fax the results to the HKNA Office on number 2577 5694
- Place the score sheets and umpiring log into the self addressed stamped envelope and **post the next day**.
- Log any issues arising with HKNA no later than 24 hours after the games.

Teams

Teams are responsible for ensuring that all courts and surrounds are left clean and tidy. Please take all rubbish and put in the bins provided outside the hall.

Desk Duty Responsibilities (posted in folder at each venue)

Beginning of evening

- collect HKNA Netball Bag prior to the beginning of the first game
- Set out equipment on Duty Table

Balls

- Check balls are fully pumped; pump is in bag if needed

Timing of Games

- Each game is to begin promptly on the hour
- The bell should be used at the beginning and end of each quarter to inform umpires to begin/end the game
- Time is to be held centrally
- Quarters are 12 minutes in length
- 1/4 and 3/4 rest interval are 2minutes
- Half time is 4 minutes
- 30 seconds prior to the end of each rest interval call players onto court
- Time starts again as soon as the interval has elapsed
- Matches start and finish on the umpires whistle
- Timing does not stop for injury. For each quarter, the first stoppage called by each team for injury/illness is of maximum of two minutes. For all subsequent stoppages called in the same quarter will be of maximum of 30 seconds. However this will not be added to end of the quarter or game.

Scorecards

- Remove score sheets and result sheet envelope from the folder
- Distribute score sheets on desk. Team captains must collect their own scorecards
- At the end of each game score sheets must be returned to you fully completed.
- Check score cards are legible and fully completed before accepting them.
- At the end of the evening all completed score sheets need to be placed in the self-addressed envelope and posted to the address given

Results Sheet

- This needs to be completed fully using the format shown and faxed to the HKNA office (fax number is 25775694)
- Please also email results that night or on Tuesday to the HKNA League Convenor at email address **hknaleague@ymail.com**
- The original should then be posted to the HKNA Office, with the score sheets, using the self addressed envelope provided

Checklist for end of evening

- Score sheets completed and sent in SAE to address shown
- Results Sheet faxed to HKNA Office
- Results emailed to HKNA League Convenor at email address **hknaleague@ymail.com**
- Ensure all equipment is placed back in bag and returned to the appropriate place at the end of the evening

Anything missing? Please email HKNA at hkna@hkolympic.org to let them know.

Thank you.

Special Conditions at Hong Kong Football Club (HKFC)

HKNA is most grateful to the Hong Kong Football Club for making their facilities available for the HKNA Netball League. It is important that we all STRICTLY adhere to the following:

- Turn off mobile phones and pagers whilst on HKFC premises. A fine of \$200 may be imposed for a phone ringing and an additional \$200 fine may be imposed for talking on the phone.
- Do not leave litter/empty water bottles inside the Sports Hall.
- No smoking.
- No glass bottles inside the Sports Hall.
- Only use the changing rooms located on the 1st floor behind the bowling green.
- Wear non-marking shoes.
- Enter the Sports Hall by the door opposite the gym entrance.
- Leave all kit bags in cubby holes outside the entrance to the Sports Hall (valuables may be brought inside but should not be left near the area of play).
- No parking unless you are a member of HKFC.

DESK DUTY – ABERDEEN

- Retrieve the HKNA Kit Bag, 1 folding table and 2 folding chairs from the store room located behind the toilets (near the Esso Gas station).
- Access to the store room can be made by contacting the staff on duty (in blue shirt).
- Ask the staff to unlock the Posts Storage which is situated beside the ladies' toilet. (Playing teams are responsible for taking posts in and out of Posts Storage.)
- After checking the contents in the HKNA Kit bag, the Kit bag, table and chairs should be returned to the store and locked properly by the staff on duty.

The desk duty supervisor will carry out the following duties:

- Arrive at the venue in sufficient time to set up for the games (at least 10 minutes before the start of the first game).
- Keep central time for all matches and sound the bell.
- Make the HKNA First Aid Kit available to players.
- Have a score sheet with clipboard and pen available before each game and check they are returned at the end of each game and are correctly completed.
- Ensure umpires clearly print their name and sign the umpiring record sheet before the relevant game is commenced. This sheet will be used by HKNA for any points/fine deduction. Leave the umpiring record sheet in the folder for collection by the Umpiring Convenor.
- Hand game ball to umpire and ensure it is returned at the end of each game.
- Email results to HKNA League Convenor the following day – hknaleague@ymail.com
- Fax the results to the HKNA Office on number 2577 5694
- Place the score sheets and umpiring log into the self addressed stamped envelope and **post the next day**.
- Log any issues arising with HKNA no later than 24 hours after the games.

Teams

- The first two teams playing on each court are responsible for moving one post each to the court.
- Teams playing the last game on each court must return one post each back to the Posts Storage.
- Posts need to be lowered to the appropriate height before returning them.

At All Venues

Issues should be raised immediately with the HKNA representative at the venue. If there is no HKNA representative available on site, the League Convenors– Alexandra Lynch (6103 8560) and Jenny Chadwick (9237 2891) can be contacted throughout the evening.

Please note: The HKNA representative is not responsible for doing the desk duty.

HKNA League Premiers

Season	Division 1	Division 2	Division 3	Division 4
1990-1991	HKFC Club	HKFC Whirlwinds	Valley 2	Baby Dragons
1991-1992	HKFC Club	Young Dragons	Baby Dragons	Lavish Islanders
1992-1993	Valley DHL	Lavish 1	HK Youth 2	Lavish 2
1993-1994	Valley DHL	HKCC Optimists	HKFC Cyclones	Valley Lions
1994-1995	HKFC Club	Lavish 1	Globetrotters	Jeepsters
1995-1996	HKFC Club	Globetrotters	Chicky Babes	
1996-1997	HKFC Club	HKFC Whirlwinds	Globetrotters	
1997-1998 Round 1 Round 2	Discoverers HKFC Club	HKFC Whirlwinds HKFC Whirlwinds	Jesters Missing Mondays	
1998-1999 Round 1 Round 2	Discoverers HKFC Club	Gunners HKFC Typhoons	Red Devils Fielders	Missing Mondays Valley Cobras
1999-2000 Round 1 Round 2	Discoverers HKCC Black Magic	ValleySidewinders HKCC Red Devils	Genesis HKFC Whirlwinds	HKFC Hurricanes
2000-2001	Discoverers	Valley Lions	Undiscovered	
2001-2002	Valley Panthers	DB Baywatchers	Valley Pumas	
2002-2003	HKCC Black Magic	HKFC Typhoons	Genesis	
2003-2004 Round 1 Round 2	HKCC Black Magic Valley Panthers			
2004-2005	HKCC Black Magic	HKFC Typhoons	Valley Cougars	FD Expeditor
2005-2006	Valley Panthers	Valley Pumas	DOGA	HKCC Fielders
2006-2008	Valley Panthers	HKCC Dragons	Aussie Kookaburras	Aussie Magpies
2007- 2008	Valley Panthers	DB Pirates 1	HKCC Crickets	DOGA
2008 – 2009	HKFC Club	HKFC Whirlwinds	DOGA	HKFC Cyclones

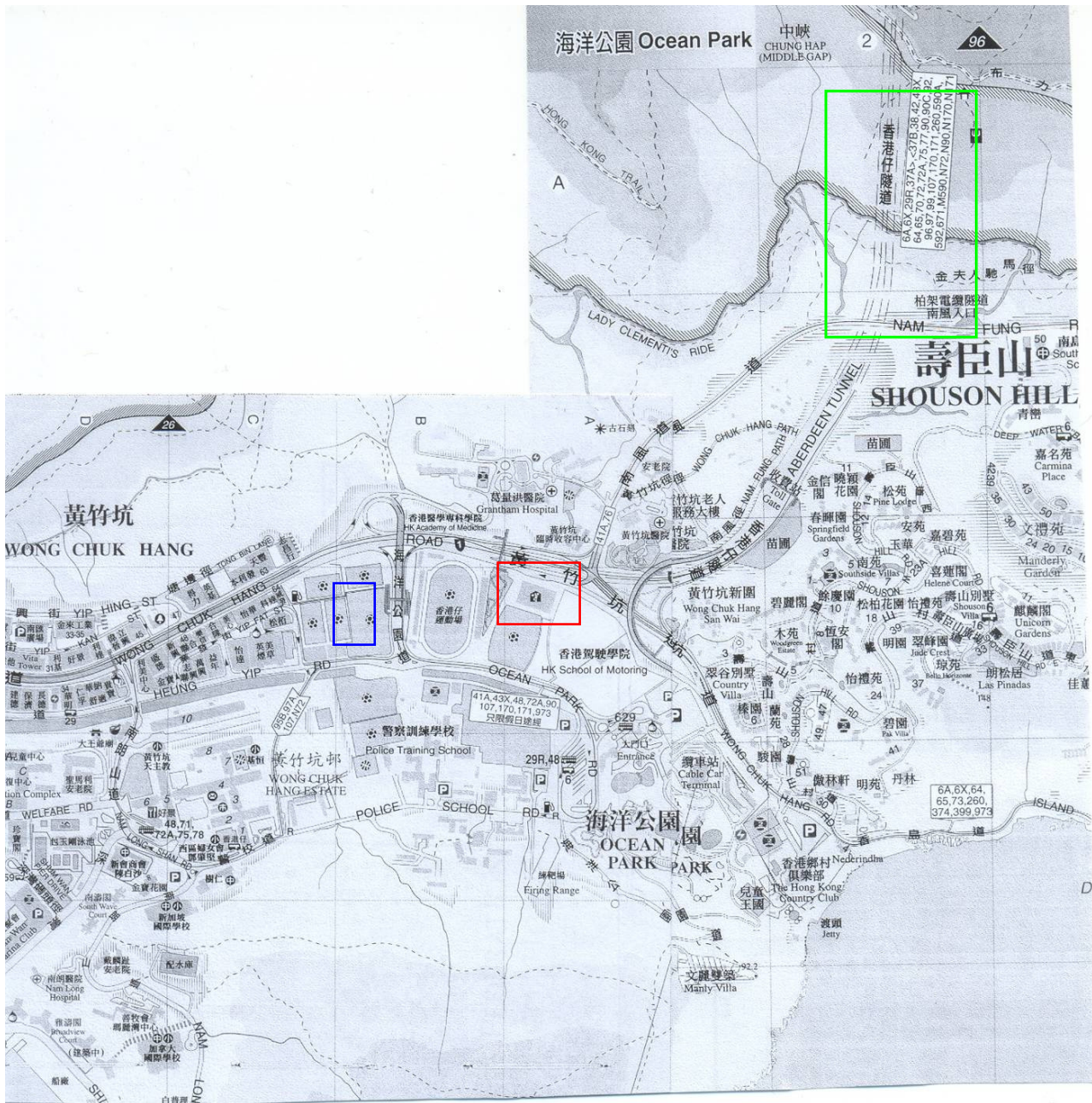
HKNA Grand Final - Most Valuable Players

Season	Division 1	Division 2	Division 3	Division 4
2005-2006	Helen Lovell	Melanie Schroeder	Anna Wong	Jessica Tse
2006-2007	Lisa Martin	Sasha Minnitt	Alex Lamshed	Jo Turner
2007- 2008	Lisa Martin	Kaylene Adcock	Damara Ryder	Edwina Leung
2008 - 2009	Liz Nagy	Ursula Holloway	Rose Voce	Isabelle Nash

HKNA President's Award

Season	Recipient
2005-2006	Kathy Rembisz
2006-2007	Veronica Arnold
2007- 2008	Kathy Rembisz
2008 – 2009	Lorraine Pak

WCH and Aberdeen Location Map



Red: Wong Chuk Hang Sports Centre (WCH)

Blue: Aberdeen Outdoor Netball Courts (Abdn)

Green: Buses that go through the Aberdeen Tunnel

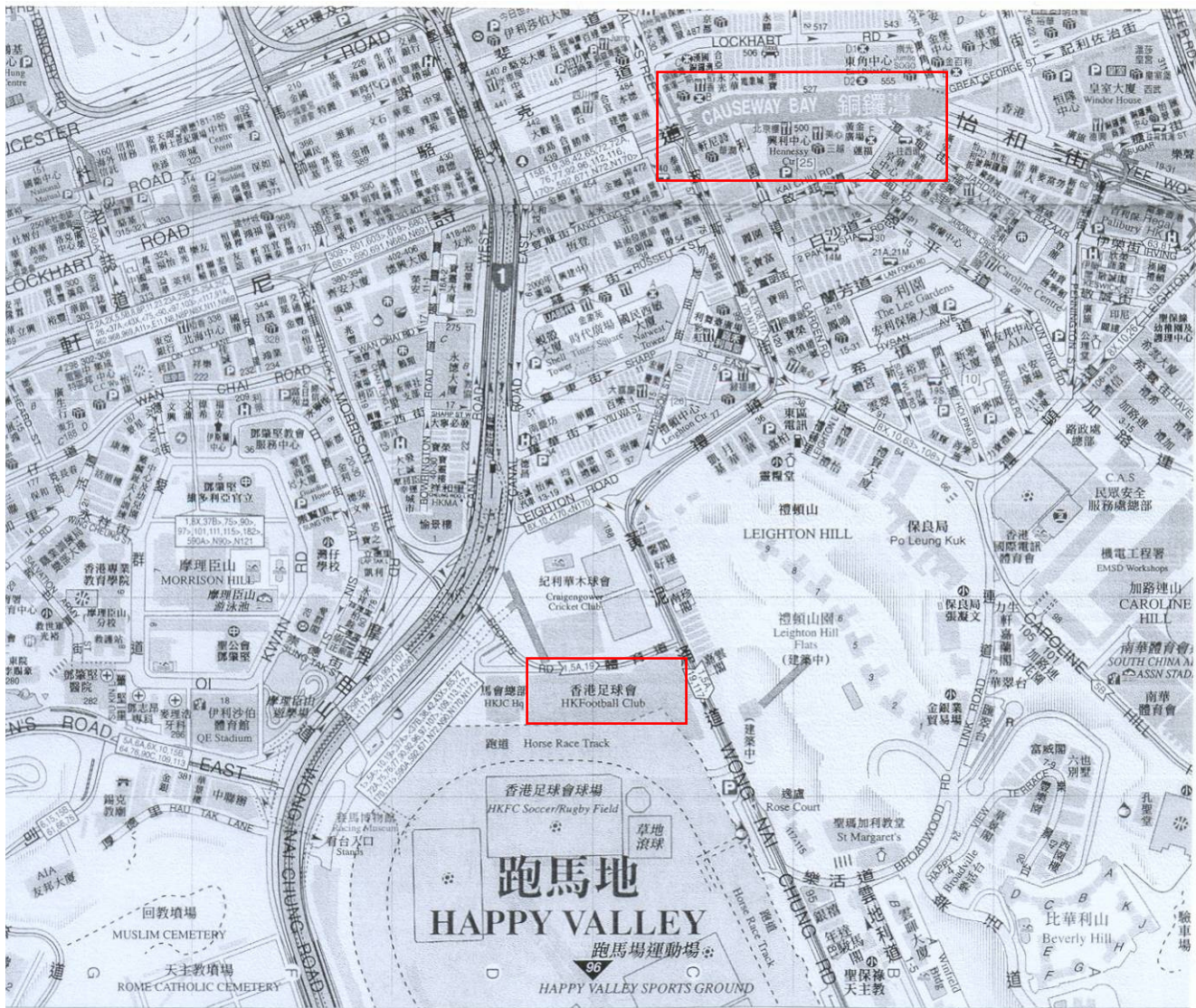
Directions:

WCH: Get off first bus stop after the Aberdeen Tunnel, walk up a slope that goes under the flyover and you will see a junction. On the opposite side (right) of the road there is a red roof building – that’s the Wong Chuk Hang Sports Centre.

Abdn: Get off the second station after the Aberdeen Tunnel (just beside ESSO gas station) and you will see the soccer pitches where the netball courts are located.

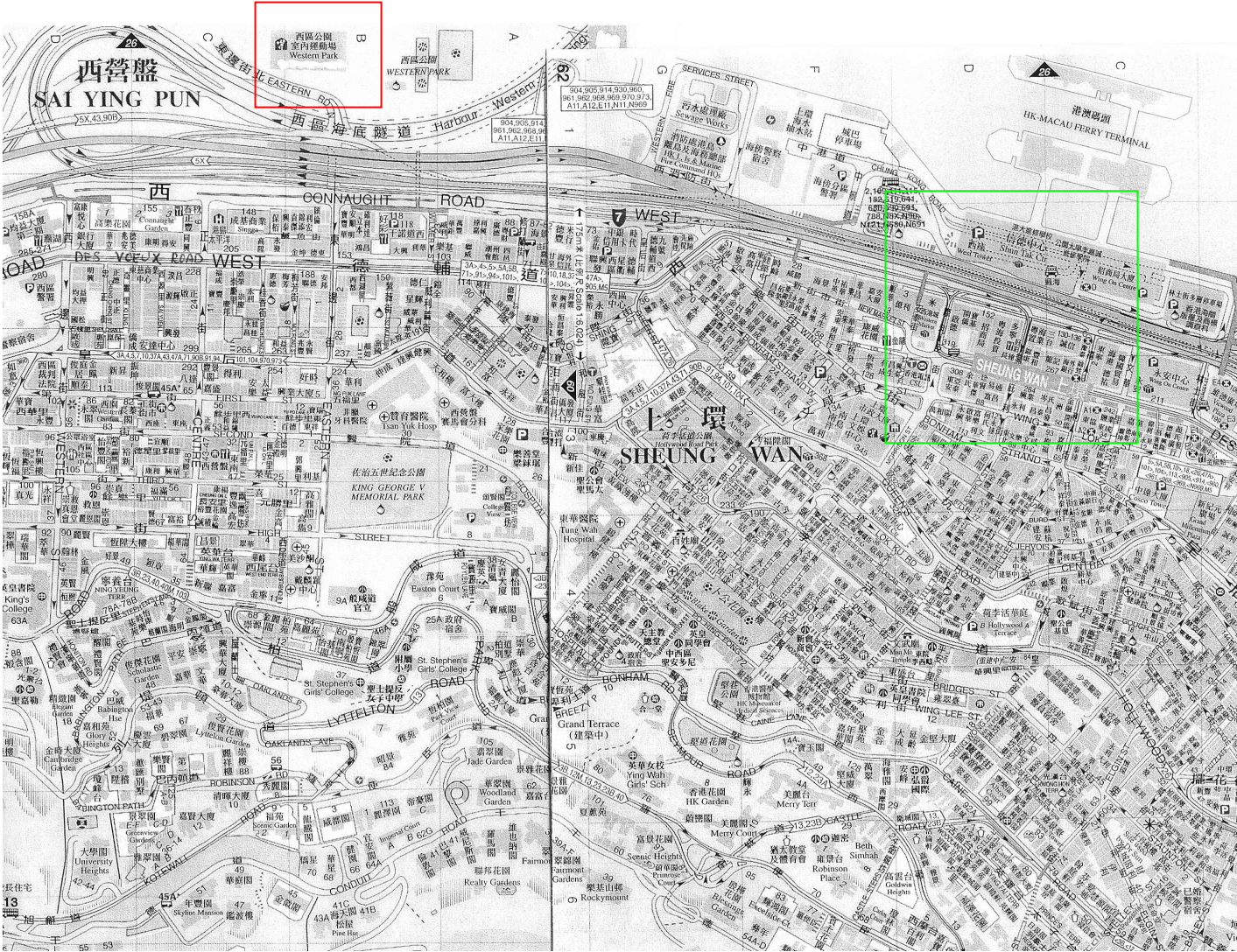
Say “WONG CHUK HANG TAI YUK GWUN” for WCH and


“WONG CHUK HANG NGAI SOK YAU CHUM” for Abdn



Hong Kong Football Club location and Causeway Bay MTR

Western Park Location Map



 Western Park Sports Centre

 Sheung Wan MTR

西區公園體育館

西營盤東邊街北 18 號

Western Park Sports Centre

18 Eastern Street North, Sai Ying Pun

黃竹坑體育館

香港仔黃竹坑道 168 號

Wong Chuk Hang Sports Centre

168 Wong Chuk Hang Road, Aberdeen

黃竹坑道硬地足球場

(近黃竹坑道埃索油站)

Aberdeen Outdoors –

Wong Chuk Hang Recreation Ground

(Wong Chuk Hang Road, Near Esso Gas Station)

香港足球會

跑馬地體育路 3 號

Hong Kong Football Club

3 Sports Road, Happy Valley