

Active Netball League

Active League

2019 - 2020

Intramural: Active League 2019 - 2020

Intramural sport is a fantastic way to get involved in sport whilst studying at De Montfort University (DMU) and it is solely recreational...meaning it is fun & exciting! Here at De Montfort University (DMU), our intramural leagues are known as Active Leagues as they fall under the DMUactive programme.

We encourage all sporting abilities to get involved, whether your team is made up of course mates, housemates, society members, groups of friends – everyone is encouraged to get involved and have fun. We could even help get you into a team, just drop us an email at DMUactive@dmu.ac.uk. So what are you waiting for, create or join a team now & take part in this year's Active Leagues!

Active Netball League

League Information

- The league will run from 30th of January 2020 through until 2nd of April 2020.
- There will be no fixtures taking place during enhancement week (27th of February) but teams can use the time slot to train – please email DMUactive@dmu.ac.uk.
- Each team will be provided with Netball position bibs for the game, they will then need to be returned to the Active Netball League activators once the game has finished.
- Each team will have a captain who will be the representative/ spokesperson for the team throughout the running of the league.
- DMU student ID is needed to be able to enter into the facility – no id = no game!

League Layout Information

- The league will be made up of eight (8) teams and each team will play each other twice.
- Each game has a scheduled slot of thirty-one (31) minutes to ensure that there is enough warm up and game time.
- The Active League membership will be £10 per player and this money will be going to the running of the league.
- Below is the layout of the league;

Active Netball League Fixtures		
30th of January		20th of February
Games 1 (7:05pm - 7:43pm)		Games 1 (7:05pm - 7:43pm)
Court one: Team 1 vs Team 8		Court one: Team 6 vs Team 4
Court two: Team 2 vs Team 7		Court two: Team 7 vs Team 3
Game 2 (7:43pm - 8:21pm)		Game 2 (7:43pm - 8:21pm)
Court one: Team 3 vs Team 6		Court one: Team 8 vs Team 2
Court two: Team 4 vs Team 5		Court two: Team 5 vs Team 1
6th of February		5th of March
Games 1 (7:05pm - 7:43pm)		Games 1 (7:05pm - 7:43pm)
Court one: Team 5 vs Team 3		Court one: Team 3 vs Team 1
Court two: Team 6 vs Team 2		Court two: Team 4 vs Team 2
Game 2 (7:43pm - 8:21pm)		Game 2 (7:43pm - 8:21pm)
Court one: Team 7 vs Team 1		Court one: Team 5 vs Team 8
Court two: Team 8 vs Team 4		Court two: Team 6 vs Team 7
13th of February		12th of March
Games 1 (7:05pm - 7:43pm)		Games 1 (7:05pm - 7:43pm)
Court one: Team 2 vs Team 1		Court one: Team 7 vs Team 5
Court two: Team 3 vs Team 8		Court two: Team 8 vs Team 4
Game 2 (7:43pm - 8:21pm)		Game 2 (7:43pm - 8:21pm)
Court one: Team 4 vs Team 7		Court one: Team 6 vs Team 3
Court two: Team 5 vs Team 6		Court two: Team 1 vs Team 2
		19th of March
		Games 1 (7:05pm - 7:43pm)
		Court one: Team 4 vs Team 2
		Court two: Team 5 vs Team 1
		Game 2 (7:43pm - 8:21pm)
		Court one: Team 6 vs Team 3
		Court two: Team 7 vs Team 8
		26th of March
		Games 1 (7:05pm - 7:43pm)
		Court one: Team 8 vs Team 6
		Court two: Team 7 vs Team 5
		Game 2 (7:43pm - 8:21pm)
		Court one: Team 2 vs Team 3
		Court two: Team 1 vs Team 4
		2nd of April
		Games 1 (7:05pm - 7:43pm)
		Court one: Team 8 vs Team 7
		Court two: Team 1 vs Team 6
		Game 2 (7:43pm - 8:21pm)
		Court one: Team 2 vs Team 5
		Court two: Team 3 vs Team 4

Eligibility

- All players **MUST** be a student of De Montfort University.
- All players **MUST NOT** be playing for the 1st, 2nd or 3rd Netball teams in BUCS - this will be enforced by checking club memberships, BUCS team lists and with team coaches/ basketball clubs.
- All players **MUST** have the Active League membership.
- All players **MUST** be registered with a team that is entered into the league.

League Rules

Active Netball games will be played in accordance to the IFNA and MNA Rules of the Game that are currently in forced in England at the time, but with slight changes to enhance the league experience and ensure fair play for all participants. They are noted below and all rules will be reinforced by Active League Activators (umpires).

Court

- The game will be played on a full netball court with two (2) hoops.
- Regular netball playing court sized zones will be in use.
- The court will be using red lines.
- Two Active League games will be taking place at once – on each side of the QEII.

Teams

- Each team has to have a minimum number of seven (7) players and a maximum number of eleven (11) players.
- Seven (7) players must be on the court during game play.
- Substitutes must be seated on the team benches provided at the side of the court.
- Each team will have a captain who will be the representative/ spokesperson for the team.

Players

- No jewellery to be worn when warming up/playing, this includes – rings, piercings, necklaces, bracelets, watches, etc. If players can't remove piercings then they need to cover them up with tape in order to play.
- Appropriate footwear must be worn, e.g. trainers
- No chewing gum is allowed to be chewed whilst playing.
- Fingernails need to be kept short.

Game Officials

- The game officials will consist of two (2) umpires & two (2) time/score keepers' – the umpire roles will be carried out by Active League Activators and then a representative from each team will be the time / score keeper for the game.
- The Umpires (active league activators) decision is final and they should be treated with respect at all times.
- If game officials are not respected during gameplay then the officials can terminate the game and a league point will be awarded to the team who has been respectful to the officials.

Beginning of the Game

- Both teams shall warm-up simultaneously prior to the game.

- Each team will be provided with four (4) netballs.
- Teams will have seven (7) minutes to warm up before the fixture begins – the umpires will give teams a one (1) minute warning before the fixture is about to begin.
- A coin flip shall determine which team gets the first possession – this will be carried out by both team captains and the umpires of the fixture.
- The game must start with seven (7) players on the court from both teams.

Scoring

- Every shot scored will be awarded one (1) point.

Playing time / Winner of a Game

- *Regular playing time:* Four (4) quarters of seven (7) minutes playing time, with a one (1) minute break in between quarters. The clock will be a running clock so will not be stopped during the game unless there is a serious injury to a player – the clock will be reset after each quarter has finished.
- Three (3) league points will be awarded to the winner of the game – a team will win their fixture by scoring the most points in the twenty eight (28) minutes of game time.
- One (1) league point will be awarded to each team in the result of a draw – a draw will happen if both teams finish with the same amount of points once the twenty eight (28) minutes of game time is over.
- No league point will be given to the team that loses the fixture.
- A team shall lose the game by forfeit if at the scheduled starting time the team is not present on the playing court with seven (7) players ready to play.

Substitutions

- No substitutions are allowed during play except in the case of an injury.
- Substitutions can be made during the one (1) minute break.
- If a substitute comes on when the ball is in play, the umpires will ask them to wait until the one (1) minute break.

After of the Game

- All players have to shake hands with the other team, umpires (active league activators) and time/score keepers'.
- The captain of both teams sign the scoresheet to ensure that the correct score is reported.
- If there is a discrepancy, the decision of the umpire (active league activators) will be final.
- Each player has to complete the Game Respect Form.

Each player is expected to understand the above rules prior to participating in the league. Any questions concerning these rules should be directed to Emilie Fairnington (Sport Project Coordinator – Participation) on emilie.fairnington@dmu.ac.uk .

Play hard, be respectful & have fun!

Game Respect Forms

- The 'Game Respect form' has been put into place to ensure that players respect each other and the Active League Activators that are running the league.

- Once a game has finished, all players who have taken part in the game has to complete a 'Game Respect Form'. This then has to be returned to one of the Active League Activators running the league.