



Island Netball League

RULES September 2025

1. Registration:

1.1 In the interest of fairness, safety and protecting INL and the spirit it was formed, all clubs, teams and players will be subject to approval by the INL committee.

1.2 Team entries must be made to INL league secretary by the set date on entry forms.

1.3 Squad lists must be provided to the INL League secretary by the set date.

1.4 Only players approved and named on the submitted squad list will be eligible to play in INL

1.4 Squads must enter all team members on Engage and be registered with England Netball prior to the first match.

1.5 Any team wanting to add additional players to their team after the league has commenced must be submitted to the INL committee and allow 48 hrs. for approval. Any additional players must be entered on Engage as above prior to playing their first match.

1.6 Any team playing or found to have played an ineligible player will be given 0 points and the non-offending team awarded 5 points and 30 goals or the amount of goals gained in the match - whichever is the highest.

1.6 Entry fees for the league will be provided for each set of matches once team numbers are known.

1.7 Each team must provide 2 contact details- email address and mobile number.

1.8 Players must be aged 14 and above.

1.9 Clubs with any players Under 18 must ensure that a responsible adult is present during their match being played

1.10 Each team must have a minimum of 7 players registered.

2. Structure of the League

2.1 Matches are to be played on Sundays unless otherwise agreed by the Committee.

2.2 Matches will be four quarters of 15 minutes.

2.3 Two umpires will be allocated to each game by the umpiring secretary.

2.4 An umpire who is 20 or more weeks pregnant is no longer allowed to umpire.

2.5 All umpires must wear neutral colours, preferably white.

2.6 A team shall be required to take to the court when requested to do so by the umpires at the start of the game or after any interval. If there are at least five players present, a team shall be required to take the court to start to play. Players arriving after the game has started are 'late arrivals' and will be able to enter the game only as specified in Rule 9.2 in INF rule book.

2.6.1 If the centre is missing, one player shall move to this position.

2.7 In the event that there are fewer than five players present, the game will be awarded to the non-offending team.

2.8 Teams must play each match with a minimum of 5 registered players from their team.

2.9 A player from any team may play only play for their registered team and one other team/match in any one day.

** Where teams are required to have players from another team to make their numbers up INL would encourage not asking the same players each time and ask players from all teams of all abilities to give opportunities to all.

2.10 At the start of each league if necessary committee can look at/adjust these rules, make changes as appropriate and correct rules will be sent out at the start of each league.

3. Health and Safety

3.1 All teams must provide adequate first aid cover for its players.

3.2 INL accept no responsibility whatsoever for any personal loss or injury which players, umpires or spectators may sustain.

3.3 All jewellery must be removed before taking to the court – no taping allowed.

3.4 Hats, hairclips and hair combs are not allowed to be worn during play.

3.5 If scarves need to be worn because of religious practices or medical reason, the player must ensure 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 and as securely as possible.

3.6 Nails should be cut short and be smooth. This will be checked by umpires before each match.

3.7 The chewing of any substance e.g. gum, by any player is forbidden during play.

3.8 Blood- please refer to rule 9.3.1 Injury/ Illness or blood

4. Game Management

4.1 Each team must provide a scorer to score their match, and they must stand together and agree the score

4.2 All players, coaches, officials, volunteers, spectators and parents must adhere to the appropriate EN codes of conduct as set out on the England Netball Website.

4.3 Players should always respect and accept the decision of the umpire. Unfair remarks both on and off the court are not acceptable at any time. Team captains need to ensure that all players and supporters adhere to this policy.

4.4 The umpires may, with due consultation with both team captains, elect to abandon a match if weather conditions deem it necessary. The match shall be replayed on a date to be advised by the committee.

4.5 During an interval, clarification of any Rule may be sought from the umpires by the captain and/or any other player concerned. The umpires must provide such clarification in a way that is clearly understood. In accordance with EN rule 3.13.d (which is describing the role of the captain:)

4.6 Any person wishing to take photographs or video recordings must get the permission of both teams and umpires prior to the game.

5. Results and score sheets

5.1 Team/ result sheets will be provided to all teams in the league at the start of the season. All teams must ensure the correct sheet is provided to the league secretary.

5.2 Results must be agreed by both scorers before leaving the court.

5.3 All result sheets are to be completed in full at the time of the match.

5.4 Match results are to be sent to the League Secretary by 5pm on match day via Whats App sending a photo of the results sheet.

6. Points and Deductions

5 points for a win

3 points for a draw

2 points for more than 50% of the winners score

1 point for a loss

6.2 Any match forfeited by a team will result in the non-offending team being awarded 5 points and 30 goals with the offending team gaining 0 points and 0 goals.

6.3 If a team withdraws from the league, all scheduled matches for that team will be cancelled.

7. Cancellation of matches

7.1 The league secretary may cancel matches due to adverse weather conditions.

7.2 Cancellations due to adverse weather or any other circumstances will be cancelled by the league secretary by 8am on the day of the matches.

7.3 Cancellations can also occur at the time of the match if umpires decide the conditions or courts are unsafe to play.

7.3 Where matches are cancelled due to weather, all matches will be replayed at a date to be determined by the committee.

7.4 If a match is abandoned after starting due to bad weather, injury or illness to an umpire the following will apply.

7.4.1 If a match is abandoned before $\frac{3}{4}$ break the match will be replayed after consultation with the league secretary.

7.4.2 If a match is abandoned during or after $\frac{3}{4}$ break the result will stand and the scoresheet will reflect this.

8. Misc Provisos

8.1 Unless otherwise notified, a league rule meeting will take place after the AGM every year where any proposed changes to the League rules will be voted on after being circulated to all clubs prior to the meeting. A date will be given when all proposed changes shall be received by the League Secretary. This date is to be set at the start of every season when the AGM and League rules date is set and will be final.