



# ENGLAND MEN'S & MIXED NETBALL ASSOCIATION

## 1. ORGANISATION AND ADMINISTRATION

- 1.1. The 'EMMNA League' refers to the following 2025 regional competition structures:
  - EMMNA Men's League **North**
  - EMMNA Men's League **South**
  - EMMNA Mixed League **North**
  - EMMNA Mixed League **Central**
  - EMMNA Mixed League **West**
  - EMMNA Mixed League **London & South**
- 1.2. The EMMNA League shall be governed and managed by EMMNA, which may delegate its powers and authority in this respect to any sub-committee or individual(s). 'EMMNA' refers to the Board members of the England Men's & Mixed Netball Association.
- 1.3. The decisions of EMMNA, or its nominee(s), in respect of these rules and regulations and on any other matter related to the EMMNA League which is not provided for below, shall be considered final and binding on all parties (subject to the right of appeal which is specifically provided for under England Netball's Disciplinary Regulations).
- 1.4. It is the responsibility of all Club Leads and Captains to ensure that all participants are conversant with the rules and regulations and the **England Netball (EN) [Codes of Conduct](#)**.

## 2. PLAYING QUALIFICATIONS AND ELIGIBILITY

- 2.1. By entering a team in the EMMNA League, clubs/teams agree that:
  - 2.1.1. They are conversant with and will abide by these rules and regulations, the EN Codes of Conduct and the England Netball Disciplinary Regulations.
  - 2.1.2. They are able and willing to fulfil the costs and commitments of participation in the EMMNA League.
  - 2.1.3. They will pay a **£150** entry fee per team which is required to register for the league.
  - 2.1.4. In order to qualify to participate in the EMMNA League, a player should be a fully paid Member of EMMNA and England Netball for the duration of the league and, if they wish, also be registered through a Member Club.
  - 2.1.5. If players register directly through EMMNA and England Netball, players must provide evidence to their Club that they are eligible to play in the League.
- 2.2. A player may only play for one club within the EMMNA league, however, players are eligible to play across both codes (men's and mixed) for their club
- 2.3. All players must have paid their EMMNA and EN Membership and be marked as "active" on the [ENgage membership system](#) prior to participation in the EMMNA League.
- 2.4. The minimum age for participating in the EMMNA League is 14 years, as of the official start date of the league (1st March 2024).
- 2.5. An U16 player may play in the EMMNA League provided the team has submitted a fully completed and signed Age Banding Form at the time of registration.
- 2.6. Mixed teams must adhere to gender split requirements:
  - Minimum of 2 non-female players on court at all time
  - Maximum of 3 non-female players on court at any one time
  - Maximum of 1 non-female allowed in each third (attack, midcourt, defence)
  - EMMNA recognises a player's right to self-identify their gender
- 2.7. Teams must provide a competent Scorer for each fixture.
- 2.8. Coaches within each team must be over 18 years of age.
- 2.9. All teams must provide a match ball for each fixture.

- 2.10. Teams are required to have matching playing kit & bibs. Players are free to wear what they feel most comfortable in e.g. shorts, leggings, dresses, but all items must be part of official club kit and be in matching team colours.
- 2.11. England Netball recommends that individuals (player, coach, umpire) if pregnant should only participate with approval from their doctor and in accordance with any [guidelines issued by England Netball](#).

### 3. REGISTRATION OF SQUAD MEMBERS

- 3.1. Squad Registration Sheets (SRS) must contain a minimum of 7 players for each participating team and must be completed fully. Each team must then submit the SRS(s) to [leagues@englandmmna.com](mailto:leagues@englandmmna.com) 48 hours prior to their first fixture. There are no limits on the number of players who may be registered to a squad. An SRS must be submitted for each team competing in the league.
  - 3.1.1.1. SRS forms will be made available to download on the EMMNA League Hub
  - 3.1.2. Teams will be required to submit a result card before the start of each fixture which must declare up to twelve players for men's and fourteen players for mixed. Players' names must be completed in full. Umpires will ensure that completed team sheets are lodged with scorers prior to the game. Players not on the card prior to the start of the match may not take part.
    - 3.1.2.1. Result Card will be made available for download via the EMMNA League Hub.
- 3.2. Teams may only use those players whose names and EN ID number appear on their most recent SRS held by EMMNA.
- 3.3. Any additions to the squad during the season must be submitted via an updated SRS 48 hours prior to the fixture they wish to participate in. SRS forms must be sent to [leagues@englandmmna.com](mailto:leagues@englandmmna.com). **It is the club's responsibility to ensure that all players are fully registered before they participate in any fixture.** While EMMNA will conduct registration checks, these may not take place prior to the fixture. If an unregistered player participates in a fixture, the offending team will be penalised as per 9.1.2.2.
- 3.4. Once a player is registered or has played, they cannot transfer to another club within the same EMMNA League during the course of the current playing season, unless agreed upon by EMMNA.
  - 3.4.1. If a player relocates and wishes to join a team in a different league, they may submit a request for a mid-season transfer, which will be reviewed and decided upon by EMMNA.
- 3.5. Any team who knowingly and/or deliberately provides false information regarding the identity of players when registering or naming players on squad registrations sheets and/or results cards may be subject to disciplinary action and may be expelled from the League.

### 4. STRUCTURE OF THE LEAGUE

- 4.1. The EMMNA League will be contested between as many teams as shall be determined by EMMNA within each regional competition format.
- 4.2. Teams will only play other teams within their regional competition format, as outlined in 1.1.
- 4.3. Teams must mutually agree on a fixture day that falls within the assigned fixture weekend, which will be available via the [EMMNA League Hub](#) from February 6th 2025. If teams are unable to agree on a date within the fixture weekend or an alternate date, they must notify [leagues@englandmmna.com](mailto:leagues@englandmmna.com) as soon as possible.
  - 4.3.1. Fixture-free weekends will be included in the schedule to accommodate rescheduled matches where necessary.
  - 4.3.2. If the failure to agree on a fixture date is due to lack of court or umpire availability, alternative dates will be accepted as outlined in 4.5.
  - 4.3.3. Player availability will not be considered an acceptable reason to move a fixture outside the league season if the home team has provided at least five alternative dates.
  - 4.3.4. Central venues may be used if teams mutually agree, and costs may be split evenly.

- 4.4. Once agreed, all match dates must be reported to EMMNA. EMMNA will add these to the EMMNA League Hub at the earliest opportunity. Please notify EMMNA of any incorrect fixture dates on the League site.
- 4.5. All teams must have arranged and played all of their required matches within the official leagues dates: March 1st - August 14th 2025. Any teams unable to complete required games by the end of this period will forfeit those points.
- 4.6. All matches must be played on indoor courts and be officiated by qualified umpires.
  - 4.6.1. Umpires must hold a minimum of a qualified C Award, with a recommendation for B Award or higher.
  - 4.6.2. If a conflict of interest arises with an umpire, both teams must agree to their appointment prior to the match.
- 4.7. Teams will be awarded league points as follows:
  - 5 points for a win
  - 3 points for a draw
  - 2 points for a loss within 5 goals (e.g. 40 – 36)
  - 1 point for a loss over 50% goals scored (eg 40-21)
  - 0 for a loss
- 4.8. An EMMNA League table will be compiled on the basis of the points awarded to each team. The team which finishes top of the EMMNA League at the end of the season will be the winners of the competition.
- 4.9. Where two teams are level on points:
  - 4.9.1. Goal average shall be used to determine their relative positions. Goal average will be determined by dividing goals scored by goals against.
  - 4.9.2. In the event that goal average does not differentiate between the teams then goal difference shall be applied, i.e. the team with the higher difference score over the course of the season shall take precedence.
  - 4.9.3. In the event that goal difference does not differentiate between the teams, then the team with the greatest number of goals scored shall take precedence.
  - 4.9.4. Where one of the teams has its goal average, goal difference or total number of goals scored affected by cancellations, then the goals scored by and against the defaulting team(s) shall be omitted from the calculations of both teams level on points. For example, in the event that one team received 5 points for a cancelled match, then the goals scored by and against both teams level on points, in all games against the offending team will not be included when its goal average or goal difference or total number of goals is calculated.
  - 4.9.5. In the event that neither goal average nor goal difference nor goals scored can differentiate a clear winner, both teams shall be awarded as winners.

## 5. MATCH ARRANGEMENTS

- 5.1. Matches will be played at venues within the Region with adequate surrounds and, where possible, ancillary facilities for approximately 30 participants, including changing and showering facilities for all genders. Clubs are responsible for the full cost of hire of their facilities. Umpires will conduct a risk assessment prior to each match to ensure that the venue is suitable for the match to be played. The Umpire's decision will be final.
- 5.2. The costs of venues for each fixture will be borne by the clubs assigned as the Home team. Where central venues are used, teams may, by mutual agreement, split the costs of hire. Clubs will be responsible for the costs and booking of their home venues.
- 5.3. All teams will be responsible for the costs and arrangement of their travel, and should allow sufficient time to cover any unexpected delays. Matches should start at the agreed start time, or as soon thereafter as both teams have the minimum number of players, required by the rules, to start the match. The umpires will be the sole judges of this.
  - 5.3.1. If a team, or teams, are not able or willing to start the game 15 minutes after the agreed start time, the match may be forfeited and the non-offending team may be awarded the

points for the match. The offending team may be deducted points in respect of a match not played.

5.3.1.1. The umpires and teams may be asked to submit reports on the circumstances to EMMNA which will decide upon the result and the allocation of points.

- 5.4. No team may postpone or cancel a match without the agreement of EMMNA. Matches which are postponed due to extreme and unforeseen circumstances or for any other reason; e.g., flash flood, heavy snowfall, must be played as agreed by EMMNA.
- 5.5. If a team cancels a match or fails to fulfil a match, except as allowed for in rule 5.4:
  - 5.5.1. The non-offending team will be awarded five league points for the match, and the team which cancels will have five league points deducted from their total. The winning team will be awarded 20 goals and the forfeiting team will be deducted 20 goals.
  - 5.5.2. The team which cancels will be liable to pay any costs which the non-offending team and match officials have incurred (e.g. court hire, umpire fees), subject to the deliberations of EMMNA. EMMNA will not be liable for any costs incurred by either the offending or non-offending team.
  - 5.5.3. The playing of a friendly match will not constitute fulfilling a match, and the offending team will be deducted 5 league points, as per 5.5.1.
- 5.6. If a match is cancelled, it is the responsibility of the home team to ensure that EMMNA, the opposition, and both umpires are informed of the cancellation immediately.
- 5.7. In the event that a match is abandoned for any reason or not played as per rule 5.4; e.g., because of serious injury, the result or re-playing of that match will be determined by EMMNA in whatever means it deems appropriate.

## 6. MATCH REGULATIONS

- 6.1. All matches shall be played to the World Netball rules of the game currently in force in England for domestic leagues at the time, except where specific regulations may apply.
- 6.2. All matches shall be of one hour's duration (i.e., four **quarters of 15 minutes each**). Each quarter-time interval will be **3 minutes**, and half-time will be **5 minutes**.

## 7. MATCH OFFICIALS

- 7.1. In the event that an umpire fails to arrive, or is injured or taken ill during a match, the following procedure will be applied, subject to the agreement of both teams:
  - 7.1.1. If another umpire of the appropriate standard is available then she/he will umpire the match.
  - 7.1.2. Failing that, the next best-qualified umpire should be used.
  - 7.1.3. EMMNA must be informed immediately after the match.
  - 7.1.4. A replacement umpire must be an active member of England Netball as listed on the ENgage system.
- 7.2. Scorers will be required for all matches. Each team must provide a competent scorer who must remain a scorer for the entire match. Scorers must remain neutral for the duration of the match, must not coach, and must not converse with spectators during the game. A timekeeper must always be provided. The scorer and timekeeper may be the same person, or an umpire may also be the timekeeper.
- 7.3. All teams must confirm in writing the date, time and location of fixtures to the umpires.
- 7.4. Each team must agree in advance the total cost of umpire services for the fixture, and agree to split the costs evenly (i.e **each team pays for one umpire**).

## 8. SUBMISSION OF RESULTS

- 8.1. The fully completed official result card must be checked and **signed by captains, umpires and scorers**. A representative from the Home team must send a copy of the result card to

[leagues@englandmmna.com](mailto:leagues@englandmmna.com) or the online result card upload form within 48 hours. The score for the match will not be registered until the result card has been provided.

8.2. Results will be added to the EMMNA League Hub within 72 hours after submission.

## **9. EMMNA AUTHORITY & JURISDICTION**

9.1. EMMNA will have the authority and jurisdiction to make decisions on any matters arising throughout the EMMNA League including, but not limited to:

9.1.1. Altering or amending the playing schedule as necessary;

9.1.2. Determining if there has been a breach of the regulations and imposing an appropriate sanction (including disqualification of any individual, player or team). Such penalties will include but not be limited to reprimands, the deduction of league points, fines, suspensions, and expulsion from the EMMNA League, except as specified below:

9.1.2.1. The use of a player without EMMNA and England Netball Membership will result in a deduction of 5 league points on each occasion. The result of the match will still stand.

9.1.2.2. The use of an unregistered or ineligible player or a player who is under age, without seeking Age Banding permission, will result in a deduction of 5 league points. The result of the match will still stand.

9.1.2.3. In the event that a team fails to play, the non-offending team will be awarded 5 points for the match and the offending team will have 5 points deducted from their total. 20 goals will be awarded to the non-offending team, and 20 goals will be deducted from the offending team.

9.1.2.3.1. Failure to play is defined as not playing in a game, without prior consent from EMMNA and with the opposition and officials expecting that the game would be played. The offending team will be liable for any extra costs incurred (e.g. court hire, umpire fees), subject to the deliberations of EMMNA. This rule is to be applied with reference to rules 5.5

9.1.3. Instances of unsportsmanlike behaviour or behaviour that brings the sport into disrepute.

9.1.4. Any matter not covered specifically within the regulations.

9.2. EMMNA may call upon, or delegate to, additional persons to assist with the EMMNA League, or consult with other persons prior to making any decision. However, the final decision and accountability for the decision will rest with EMMNA.

## **10. LEAGUE COMPLAINTS PROCEDURE**

10.1. All queries and complaints (Complaint) should be directed to EMMNA via [complaints@englandmmna.com](mailto:complaints@englandmmna.com) in the first instance to be dealt with as follows:

10.2. Where the Complaint relates to the playing of a match, the scoring, and/or its result, the relevant team or match official must do the following:

- Inform their opponents and the umpires of their complaint on the day of the match;
- Mark the result card with the words "Under Protest";
- Send the marked result card to EMMNA within 48 hours of the match;
- Attach an email to the scorecard to explain the issue in full to EMMNA;
- EMMNA will decide what action should be taken.

10.3. EMMNA will acknowledge receipt of the Complaint and make a decision on the matter within 14 working days of receipt of the Complaint. EMMNA's decision in relation to decisions taken under clause 10.2 is binding. Parties to the Complaint shall have the right to appeal the decision under rule 11 below.

10.4. Where the Complaint relates to the behaviour of an individual or team participating, volunteering or attending a match or using social media technology to bring the game into disrepute or make an inappropriate comment about a fellow player, coach, official, volunteer or the governing body which could be considered as a Disciplinary Offence under England Netball's Disciplinary Regulations,

such Complaints will be dealt with in accordance with the processes set out in [England Netball's Disciplinary Regulations](#).

- 10.5. Complaints cannot be made in relation to a decision made by an umpire in line with World Netball's Rules of Netball.

## **11. APPEAL OF EMMNA DECISION**

- 11.1. The decision of EMMNA in relation to a Complaint submitted in accordance with section 10.2 shall be final and binding on all parties, save that a party has a right to appeal in the following circumstances:
- 11.1.1. If the decision has a potential impact on a match result, a league table, or the outcome of the Competition; and
  - 11.1.2. If there has been a failure by EMMNA to follow or act in accordance with these Rules and Regulations or EMMNA has reached a decision on the basis of an error of fact.
  - 11.1.3. These are the only grounds of appeal and any appeal must be submitted in accordance with the appeals process as detailed below.
- 11.2. An appeal should be sent in writing from a representative of the club to [complaints@englandmmna.com](mailto:complaints@englandmmna.com) within 72 hours of receiving the decision.
- 11.3. The appeal shall be accompanied by a payment of £20 via bank transfer which shall be returned if the appeal is upheld or if there are any other extenuating circumstances. EMMNA will decide whether the extenuating circumstances warrant the payment being returned.
- 11.4. EMMNA will establish a League Appeals Committee (LAC) which will consist of individuals that are independent of and not connected to the EMMNA League, which includes being a member of a participating league club. One of those individuals will be appointed as the Chair. At least one member of the LAC will be a member of the EMMNA Board.
- 11.5. The Chair of the LAC will send the appeal to the opposing Team and any other Team the LAC believes could be affected by the outcome of the appeal. These Teams will be permitted 72 hours from the date the appeal notice is sent from the LAC to submit any evidence or submission that they wish the LAC to consider.
- 11.6. All submissions and evidence must be submitted in writing. The Chair of LAC will have the discretion to determine the process, procedure and direction of the appeal.
- 11.7. The LAC shall meet and reach a determination within 7 days of receiving all the evidence and submissions.
- 11.8. The LAC will notify all the parties that made submissions and presented evidence of its decision and any penalties and sanctions imposed within 48 hours of it reaching its determination. The LAC shall publish the decision in writing.
- 11.9. The LAC shall have the delegated power of EMMNA to make all decisions and impose and enforce any penalties and sanctions (including but not limited to, reprimands, the deduction of points, fines, suspensions and expulsions from the Competition) relating to the appeal. There is no further right of appeal on this decision.
- 11.10. The procedures set out in this section shall be governed by the Arbitration Act 1996 (the Act) and amount to a binding arbitration agreement for the purposes of Section 6 of the Act.
- 11.11. The parties also waive irrevocably their right to any form of appeal, review or recourse to any court or other judicial authority, or under England Netball's Disciplinary Procedures Manual or otherwise, insofar as such waiver may be validly made.
- 11.12. The seat of arbitration shall be England, the language used shall be English and the governing law of the regulations and these proceedings under Section 12 shall be English Law.
- 11.13. If the circumstances require a decision to be taken sooner than provided for by this section, and all parties to the appeal consent, the timetable within which an appeal is raised, submissions made and the decision taken can be shorter than the 7 days stated in this section. In such cases the LAC shall issue a revised timeline which shall be binding on all parties.

## **12.**

### 13. MISCELLANEOUS PROVISIONS

- 13.1. All clubs will be held responsible for their players, officials, scorers, volunteers and spectators.
- 13.2. It is the responsibility of each team to provide adequate first aid cover for its players which shall also be made available to the match officials on request.
- 13.3. All jewellery must be removed when playing netball, and players wearing jewellery (including body piercing) will not be allowed on court. The following exceptions will apply:
  - 13.3.1. Medic alert bracelets may be worn, but must be secured in such a manner that they will not constitute a danger to an opponent, i.e., with clear tape, and in such a way that it cannot be removed/lifted off by any accidental contact.
  - 13.3.2. Continuous Glucose Monitor devices must be secured in such a manner that they will not constitute a danger to an opponent, i.e., with tape, and in such a way that it cannot be removed/lifted off by any accidental contact.
  - 13.3.3. Players with a Daith/Tragus piercing must provide a supporting letter from a Doctor to request special dispensation to compete in the EMMNA League. If granted, it is suggested that the player wears a headband covering their piercing. Taping is not sufficient and the headband would offer an additional level of safety to the wearer and other players. Please refer to the EN Domestic Guidance for further information.
- 13.4. Head coverings are permitted for any EMMNA League fixture. The priority must be to encourage increased participation in sport, with sensitivity to the religious practices and cultural differences, together with the safety of all participants. With this in mind the player should ensure that 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 or tucked into shirt collar. It should be as neat and secure as possible.
- 13.5. Baseball caps etc are not permitted.
- 13.6. If a player is required to wear gloves for medical reasons, they must submit a copy of an appropriate medical certificate to EMMNA in advance of the fixture. No other gloves may be worn by any other player. Umpires are advised that if a medical certificate has been submitted, the gloves worn should be plain, soft, leather type gloves, seamless or with internal seams. Umpires are reminded that they still have to be satisfied that any gloves worn do not present an obvious hazard to other players.
  - 13.6.1. If gloves are worn, this does not supersede the international ruling on nails.
- 13.7. In the interest of safety, players who have long hair tied in a ponytail must ensure that it does not present a hazard by allowing it to swing in the faces of other players.

For any questions or further information, please contact [leagues@englandmmna.com](mailto:leagues@englandmmna.com)

## Version Control Statement

Date: March 18, 2024

This document was created on March 18, 2024, and is deemed accurate and current as of this date. Any future updates or changes will be recorded in the change log. It is advised to refer to the latest version of this document to ensure access to the most recent information and revisions.

Version	Date	Author	Changes
v0.1	March 18, 2024	Lucy Goodman, Ryan Allan	First Draft
v0.2	March 18, 2024	Lucy Goodman, Ryan Allan, Char Ponteen, Hannah Lord, Jen Walsh	Draft revisions
v1.0	March 18, 2024	Lucy Goodman, Ryan Allan	V1.0 Approved
V2.0 draft	January 28, 2025	Ryan Allan	2025 Draft Revisions Changes to rules for 2025 League as communicated to teams 27 January, 2025.  Changes include (but not limited to) updates to eligibility rules, fixture scheduling, entry fees, and enhanced cancellation policies.
V.2.0 draft	January 31, 2025	Hannah Lord	Draft revisions
v2.0	February 5, 2025	Ryan Allan	V2.0 Approved
v.2.1	Februray, 14, 2025	Ryan Allan	Changed the 2025 season end date to be 14th August, 2025