

## Lancashire Netball Clubs FAQ's



### Age, Gender & Other Requirements

#### **Do I need to be a certain age/gender to play?**

All ladies must be over the age of 18 and female. Any violation of this rule may result in the team being removed from the league. There is no maximum age limit to participate!

#### **I am new to netball/haven't played for a long time, is this the right club for me?**

Yes! We welcome ladies of all abilities. Most of our ladies start out as complete beginners and we have new ladies joining all the time, so you'll never be the only 'newbie!'. Our umpires are fully trained and will be on hand to offer advice and coaching where possible.

### Fitness & Health

#### **Can I wear jewellery and have long nails?**

Wearing any jewellery whilst playing netball is strictly prohibited. ALL jewellery must be removed or taped over. In rare exceptions where jewellery cannot be removed, tape/plasters must be used to cover. Nails also must be kept short and smooth at all times, or alternatively non-slip gloves can be worn, which can be purchased on Amazon.

**Can I play if I am injured?** Ladies are responsible for ensuring they are in good health and physically fit to participate in netball games. If you have any medical conditions or injuries that may affect your ability to play, please seek medical advice and inform us prior to playing.

**Can I play if I am pregnant?**

Lancashire Netball Clubs recommends that pregnant people consult with their doctor and avoid playing netball after 12 weeks of pregnancy. Participation in netball during pregnancy is at the risk of the participant.

**What if I get injured?**

Lancashire Netball Clubs accepts no responsibility for any injury, loss, or damage that occurs during netball activities, including personal injury, property damage, or theft. By participating, players agree to waive any claims against Lancashire Netball Clubs for incidents occurring during or as a result of participation. Players agree that Lancashire Netball Clubs is not responsible for providing medical assistance or compensation. We will assist in calling for emergency services, but the primary responsibility for injury management lies with the player. Lancashire Netball Clubs is not liable for injuries resulting from weather-related conditions during outdoor games, such as slippery courts or uneven surfaces. Players participate at their own discretion.

**Do I need to be insured?**

We recommend that players carry personal health or accident insurance. Lancashire Netball Clubs is not liable for any injuries, accidents, or health-related issues that may occur during participation.

**Appropriate Clothing & Footwear**

**Do we need to bring our own equipment (bibs/ball)?**

Bibs, balls etc are provided, all players need to bring is a bottle of water, and a smile! If teams do wish to bring their own bibs, they are welcome to do so.

### **Is there specific clothing/footwear I need to have?**

Ladies must wear netball-appropriate clothing (gym-wear is fine) netball trainers with adequate grip and support to reduce the risk of injury. Lancashire Netball Clubs is not responsible for injuries resulting from wearing unsuitable clothing/footwear. We have attached some links below to websites that sell netball trainers.

<https://www.netballuk.co.uk/netball-trainers>

[https://www.asics.com/gb/en-gb/womens-netball-shoes/c/as20217000/?utm\\_source=google&utm\\_medium=cpc&utm\\_campaign=aeb\\_uk\\_as\\_conquesting\\_nb\\_search\\_all\\_shoes&gad\\_source=1&gclid=Cj0KCQiA\\_NC9BhCkARIsABSsnSTYlZpjpqdaKDjQr7KKsbKJHMseRiCLEaV2Qt86jXF1lCbPwYWB95F4aAs\\_tEALw\\_wcB](https://www.asics.com/gb/en-gb/womens-netball-shoes/c/as20217000/?utm_source=google&utm_medium=cpc&utm_campaign=aeb_uk_as_conquesting_nb_search_all_shoes&gad_source=1&gclid=Cj0KCQiA_NC9BhCkARIsABSsnSTYlZpjpqdaKDjQr7KKsbKJHMseRiCLEaV2Qt86jXF1lCbPwYWB95F4aAs_tEALw_wcB)

[https://www.sportsdirect.com/netball?cq\\_src=google\\_ads&cq\\_cmp=9907193498&cq\\_term=netball%20shoes&cq\\_plac=&cq\\_net=g&cq\\_plt=gp&cq\\_con=97279917581&cq\\_med=&cq\\_pos=&gad\\_source=1&gclid=Cj0KCQiA\\_NC9BhCkARIsABSsnSTaflTcYtx\\_ODatTF4OFUkDc5KyteFZKNNegqcvjGGObx\\_LFy0upUgcaAhGBEALw\\_wcB#dcp=1&dppp=120&OrderBy=rank&Filter=CATG%5ETrainers](https://www.sportsdirect.com/netball?cq_src=google_ads&cq_cmp=9907193498&cq_term=netball%20shoes&cq_plac=&cq_net=g&cq_plt=gp&cq_con=97279917581&cq_med=&cq_pos=&gad_source=1&gclid=Cj0KCQiA_NC9BhCkARIsABSsnSTaflTcYtx_ODatTF4OFUkDc5KyteFZKNNegqcvjGGObx_LFy0upUgcaAhGBEALw_wcB#dcp=1&dppp=120&OrderBy=rank&Filter=CATG%5ETrainers)

## **Team and Game Expectations**

### **How much is it per week?**

Ladies pay £5 to play a game, therefore a team pays £35 to the club in total for their game each week. All 7 players are expected to send their £5 to their team captain, who then sends the payment to Lancashire Netball Clubs no less than 48 hours before the game. It is advisable for captains to remind players to pay in advance of the payment deadline in order to ensure a late payment doesn't occur. Teams are required to make payments no later than 48 hours before the game. If a team fails to make payments on time three times, they will be automatically removed from the league. We ask that teams communicate with us via the club inbox if they are having issues. Players should respect their captains and make payment to them on time, in order to avoid the captain having to use their own funds to cover the total fee, which should never happen.

### **What is the responsibility of the captain?**

Being a team captain at Lancashire Netball Clubs is a very important and valued role.

Captain responsibilities include but are not limited to:

- Collecting all 7 players payments each week and sending to the club no less than 48 hours before the game.

- Keeping the team morale high and encouraging any newcomers into the team.
- Helping to allocate player positions.
- Reminding the team to sign in each week/remove ALL jewellery & have short nails/wear non-slip gloves.
- Reporting any team/player issues to the club via the club Facebook inbox.

### **Can our team name be called anything we wish?**

Teams can call themselves any name they wish providing the name is not offensive in any way.

### **Does our team need to come for all the games or just our own?**

Teams need to arrive around 10 minutes before their game, in order to sign in and get prepared to play as we stick to very strict timings. Teams are not required to come to any game other than their own. However, we do love some sideline cheerleading so feel free to come along earlier in the night if you wish!

### **How long are the games?**

Each game is 30 minutes long (3 x 9 minute thirds) with a 30 second/1 minute break in between each third. Umpires will always where possible stick to these timings, however if for example an injury on court occurs, umpires may have to cut the game short & refunds will not be issued.

### **Do I have to play the same position every week?**

We advise that teams mix up player positions each week in order to give players a chance at trying them all. Lancashire Netball Clubs do not allocate positions, this is solely down to the team to decide.

### **Can I still play if I play at a high-level elsewhere?**

We welcome all abilities at our club and lots of high level players come to our club for extra practise and less serious games. However, we do ask that if you play at a high level that you respect that other players may not have played for a long time and are new to the sport, therefore extreme levels of competitiveness are not welcome. We also ask that you regularly switch up positions, rather than playing the position you usually play elsewhere in order to keep it fair.

### **Can we play with less than 7 players?**

Teams are expected to field a minimum of 7 players each week. It is the responsibility of the team to ensure they meet this requirement for every game. If teams are struggling to field 7 players, they are advised to post on the main Facebook group which has hundreds of ladies in. Team forfeiture is never an option as we have plenty of ladies who want to play. A good example of a post would be:

'Hi everyone, our team, (insert team name) are looking for two players to play on Monday night, £5 each to play! Please comment below or DM us if you're able to help! Thank you!'

It is advisable not to state specific positions as this will decrease the chances of you finding a player.

In the unlikely event that you receive no engagement on the post, please message the club inbox to ask for help in finding players & we will be more than happy to assist.

Please only ask players from other teams as a last resort, we try to avoid anyone paying twice, however, occasionally some players are happy to do this.

If the team does not field a minimum of 5 players for their game, they will be liable to refund their oppositions match fee (£35).

### **What if some of our players don't show up on the night?**

Teams are welcome to grab players from other teams from the sidelines to help them out at the last minute. The team should have paid in full at this point already (48 hours before the game), so it is not advisable to ask the helper for the £5 payment, as they are simply stepping in as a favour, however this is for the team to decide on.

### **Where can we find the scores?**

The scores for each club are posted on the main Facebook group within 24 hours of the games finishing.

### **Does the league run all year round?**

We aim to run all clubs all year round with the exception of a two week Christmas break. We may have no option but to cancel games if a venue is closed due to school exam period/maintenance.

**Does the venue ever change?**

Venues can sometimes change due to availability, however this will be communicated on the main Facebook group with plenty of advanced notice.

**Can I invite my neighbour/gran/teacher to play?**

Yes! You can rope in whoever you like! We welcome all ladies regardless of ability as long as they are over 18.

**Do I have to commit to every single week?**

We guarantee you will want to! However, there is no expectation to commit to every single week. If you do not have capacity to commit to each week, please ensure to communicate this with your team with plenty of notice so that they can plan ahead to find players to replace you before the payment deadlines.

**There are more than 7 players in our team wanting to play, what do we do?**

Over time, some teams find themselves with more players than needed. If this happens, please post on the main Facebook group to let other teams know that you have extra players available to play. Other teams can then comment on your post should they require these players.

**How do I find the venue/where do I park?**

Most club venues have a 'directions' post on their main Facebook group. If you are still struggling to find the venue, please ask your team-mates, post on the main Facebook group or message the club inbox. All venues also have allocated parking available, although sometimes parking does fill up and players may need to find alternative parking.

**Where can we find the fixtures schedule?**

Fixtures schedules are usually planned 7 weeks at a time and are posted on the main Facebook group with plenty of notice before the games.

**Our team have got all the early/late games?**

Unfortunately, there is no way of avoiding this, however we do try our best to ensure that teams game times rotate each schedule, so if your team had all the late games on the last schedule, it is likely to have all the early games on the next schedule in order to make it fair. However, this is not always guaranteed, but we will try our best.

## **Withdrawal from the League**

### **What if our team wants to withdraw from the league?**

In the unlikely event that a team decides to withdraw from the league, they must provide Lancashire Netball Clubs with at least 6 days notice in writing before their next game by emailing [isabella@lancashirennetballclubs.com](mailto:isabella@lancashirennetballclubs.com) stating the team name, club venue & reason for leaving. Failure to do so will result in the team being liable for the full weekly fee (£35) for their next scheduled game, regardless of whether they choose to play or not.

## **Conduct and Behaviour**

### **Is this a competitive league?**

Our games are social, non-competitive, and inclusive. Players are expected to conduct themselves in a friendly and respectful manner towards others, including opponents, teammates, and umpires. We welcome sideline cheerleading as long as it doesn't interfere with match play or disturb the umpire.

### **Can I challenge the umpires decisions?**

Umpires and staff members are here to ensure everyone has a good time. Players agree to respect the decisions made by umpires as final. Lancashire Netball Clubs has a zero-tolerance policy for any form of harassment, or abusive behaviour, on or off the court. Any player found engaging in such behaviour may be removed from the league without a refund and prohibited from future participation.

## **Complaints Procedure**

### **I am not happy with the way I am being treated by a team/player/umpire, what do I do?**

Lancashire Netball Clubs has a zero-tolerance policy for any form of harassment, bullying or abusive behaviour, on or off the court. Any player/team/umpire found engaging in such behaviour may be removed from the league and prohibited from future participation. Please see below how to make a complaint.

### **How do I make a complaint?**

If a player or team wishes to make a complaint about a team, umpire, or player, or anything else, they must request and complete a formal complaint form from

Lancashire Netball Clubs. This form can be retrieved from our website or from asking via the club Facebook inbox. Complaints cannot be accepted through umpires or via Facebook Messenger or other informal channels.

### **Child Safety**

#### **Can I bring my child/children to watch?**

Parents or guardians who bring children to sessions are solely responsible for supervising them. Lancashire Netball Clubs is not responsible for the safety or supervision of children at any time. Should a child enter the court at any time, and sustain an injury in doing so, Lancashire Netball Clubs accepts no liability. The same applies for off-court.

### **Lost Property**

#### **What if I accidentally leave my stuff at the venue?**

Players are responsible for their own property at all times. Lancashire Netball Clubs is not liable for any lost property. Should a player lose something, the first port of call is to ring the venue directly.

### **Damage to Property or Equipment**

#### **What if I break something?**

Players agree to proper use of all equipment and facilities provided by Lancashire Netball Clubs. Any wilful or negligent damage caused may result in the player being held liable for repair or replacement costs.



### **Cancellation and Refunds**

Refunds will not be given under any circumstances. This rule applies in every scenario including, but not limited to, game cancellations due to weather conditions, umpire issues, team forfeitures, player forfeitures, injuries during a game, venue-related issues etc. Games will only be officially cancelled by Lancashire Netball Clubs, no other party, including umpires, players or external officials has the authority to cancel games and should not be listened to if they attempt to do so.

### **Media and Photography**

#### **Will the sessions be video recorded/photographed?**

From time to time, we may take photos or videos during games to share the fun on our social media platforms or for promotional purposes. By participating, players consent to their image being used in these materials. If you'd prefer not to be photographed, please let us know in advance.

### **Acceptance of Terms**

By participating in any activities organised by Lancashire Netball Clubs, players acknowledge that they have read, understood, and agree to abide by these Terms and Conditions. Lancashire Netball Clubs reserves the right to update or modify these Terms and Conditions at any time.