



## 1. Introduction and Affiliations

- 1.1. The Netball Netherlands National League competition (the League) shall be conducted in accordance with the International Netball Federation (INF) Rules of Netball and the following League position statements and regulations, aligning to the policies and goals of the 'Nederlands Olympisch Comité\*Nederlandse Sport Federatie' (NOC\*NSF) and Europe Netball.

[INF Rules of Netball](#)

[NOC\\*NSF strategic plan 2032](#)

[Europe Netball learning and development policies](#)

- 1.2. The League is a developing, mixed-gender netball competition. All regulations found herein are to ensure that the League is a safe space for all participants to enjoy, learn, and compete fairly in the sport of Netball. Integrity, sportsmanship, and inclusivity are expected by all participants.
- 1.3. As a growing League, these regulations are subject to change following feedback from members and consensus from the League Director and the Netball Netherlands Bond.

## 2. League Position Statements

- 2.1. *A fun, social competition.* As a developing competition, the primary aim of the Netball Netherlands League is to grow a healthy competition between member clubs with regular matches, creating buzz around netball in the Netherlands and fostering membership growth.
- 2.2. *Fostering inclusivity, safety, and skill development.* Netball Netherlands members of all backgrounds, cultures, and genders are welcome in the Netball Netherlands League competition. There is no set rule surrounding the standard of players selected for each match, however all participants need to be 16 years or older. All participants are expected to ensure an inclusive and supportive space for all members to develop their skills and enjoy this fun and social competition in safety.

## 3. League Regulations

### 3.1. Participating members

- 3.1.1. League "participant" refers to any player, coach, team official, or umpire taking part in the Netball Netherlands League at any point during the season.
- 3.1.2. All League participants must have a current membership with Netball Netherlands via one of the participating League clubs.
- 3.1.3. In any given season, a participant must not have League involvement with more than one participating League club. This does NOT include inter-club sharing of skills and



development, for example through guest-coaching sessions or umpire training sessions. Involvement of League participants with multiple League clubs for events outside of League matches is at the discretion of the clubs.

- 3.1.4. All League participants are required to accept and agree to the Netball Netherlands League Codes of Conduct (see **Appendix A**) in order to participate in the League competition.

3.2. Participating teams

- 3.2.1. Any Netball Netherlands associated netball club may register one or more teams to compete in the Netball Netherlands League competition. Participating teams are welcomed into the League under the condition that they and their members abide by all rules, regulations, and policies of the League.

Netball Netherlands associated netball clubs:
Amersfoort (AFNC)
Amsterdam Netball Club (ANC)
Brabant Netball Club (BBNC)
Brussels Netball Club (BNC)
Den Haag Netball Club (DHNC)
Maastricht Netball Club (MNC)
Rotterdam Netball Club (RNC)
Utrecht Netball Club (UNC)

- 3.2.2. *Multi-team clubs:* if registering more than one team within the competition, a club may opt for either independent or tiered teams. This must be determined prior to the season start.
  - 3.2.2.1. Independent teams operate as two equal-standard teams, and as such rules and regulations apply as though each team is from an independent club, therefore players may not be shared between teams.
  - 3.2.2.2. Tiered teams denotes a primary and a secondary team. Squad players may be shared from the second team to the first team (“promotion”), but players from the first team may not play for the second team (“demotion”), to prevent tactical stacking of teams. A player from the second team may play a maximum of two matches in the first team.
- 3.2.3. *League development commitment:* to encourage the continuing development of the Netball Netherlands League competition, all participating clubs are required to contribute actively to umpire development. Each club must nominate at least two participating



members for umpire development. For multi-team clubs, each team must nominate at least one member for umpire development. All nominated umpire development members are required to attend a minimum of three umpire workshops throughout the season, including at least one prior to Christmas break. This is a requirement for finals eligibility.

### 3.3. Squad lists

- 3.3.1. Each participating League team must nominate a squad of maximum 15 eligible players. All players must be eligible participating members (see above) and have all memberships up to date (including the €15 annual Netball Netherlands player contribution fee).
- 3.3.2. A preliminary squad list must be submitted to the League Director at least 10 days prior to the first round. The finalised squad list must be confirmed prior to the end of the calendar year, and may include up to 5 additions or substitutions to the preliminary squad list.
- 3.3.3. In the event of serious injury or extenuating circumstances, the League Director can be contacted to arrange a substitution to the squad list.
- 3.3.4. The playing team for each League match will comprise a minimum of 5 and a maximum of 10 players, at least 50% (minimum) of whom must be from the submitted squad list. For example, if a team is playing with 10 players, at least 5 players must have been named in the squad. If a team is playing with 7 players, at least 4 players must have been named in the squad.
- 3.3.5. If a team has fewer than 5 players, the home team can provide extra players for the match to continue. Please note that the match will then be played as a friendly match and winning points will be awarded to the full team. Votes for players of the match and fair play are still required from both teams.
- 3.3.6. Full names of all playing team members must be listed on the scoresheet prior to the start of the match, and names of all players who take to the court during the match must be ticked.
- 3.3.7. If a playing team consists of less than the required 50% minimum of named squad players, that team will forfeit the match.

### 3.4. Mixed-gender playing regulations

- 3.4.1. The Netball Netherlands League is a mixed-gender competition.
- 3.4.2. A maximum of three males per team may be on the court at any time. Teams may play more than three males throughout the game, provided no more than three male players take the court at any time. There is no minimum number of male players required.
- 3.4.3. Male players shall play one in each area of the court (mid court\*, goals, and defense).



\*Alternatively, if a team has two male players in the midcourt, then they cannot have a male player in either goals or defence. In practice, this means that WA/WD may be considered an attacking/defending player in lieu of a goal circle player, provided that no more than 2 midcourt players are male.

3.4.4. For all possible combinations, see **Appendix B**.

## 3.5. Uniforms

- 3.5.1. Team uniforms must be submitted to the League Director for approval with the squad lists at the beginning of the season (at least 10 days prior to the first round). Uniforms should be sufficiently distinct from other League teams, with the exception of multi-team clubs. Players must be dressed in their correct team uniform for all League matches. As a developing League focused on participation and inclusivity, please note the nominated uniform may include flexible options in the event a full uniform is not available. Any nominated variations must be colour-matched with the “official” team uniform.
- 3.5.2. Team bibs should be a doubled set – i.e. two of each position equates to one full set – to allow for efficient tactical changes.
- 3.5.3. Teams must carry an alternate set of playing bibs for use where a colour clash occurs. The visiting team is responsible for changing colour: the home team gets home-kit advantage.
- 3.5.4. Included in the uniform, each team is required to provide an identification band (e.g. a well-fitted sweatband or a velcro strip to be attached to a singlet strap) that the on-court captain is required to wear throughout all League matches.
- 3.5.5. Netball Netherlands League adheres strictly to the INF Rules of Netball regarding adornments and player safety (See Rule 3.12 for full details). Players may not wear anything that could endanger themselves or another player, including piercings and adornments. No piercings of any kind are permitted. Any necessary adornments (such as religious, cultural, or medical adornments that cannot be removed) **MUST** be securely covered with tape or padding (for example a tightly fitted sweat band). Fingernails must be short and smooth, and hair must be suitably tied back and free of adornments. Players will not be allowed on court if they do not adhere accordingly.

## 3.6. Venue and equipment

- 3.6.1. Hall bookings/court hire should be for a minimum of 4 hours, to allow time for warm up, match play, breaks and any injury time, as well as a proposed friendly match between the two clubs.



- 3.6.2. First Centre Pass should not be earlier than 11:00 for all League matches. This means doors open at 10:30 to ensure sufficient time for warming-up.
- 3.6.3. The hosting team is responsible for setting up the court and court surrounds. All games should be played on a regulation size netball court, including posts and rings. Matches are to be played on an indoor court. Due to the phase of netball in the Netherlands, there is no minimum run-off requirement, but consideration should be taken with officials court side.
- 3.6.4. A technical table for bench officials must be located in line with the centre circle, including a clearly visible scoreboard, and a team bench for each team must be positioned on either side, all on the same side of the court (see **Appendix C**). If this arrangement is not feasible due to venue restrictions, the League Director should be contacted in advance to approve an alternative setup.
- 3.6.5. An INF regulation ball (size 5) should be used for all League matches. Each team is expected to provide two adequate match balls when hosting (a match ball and a reserve ball). The match balls must have adequate grip, a rounded surface (without “eggs”), and be adequately pumped. Umpires are responsible for quality assessment of the match balls prior to each match.
- 3.6.6. Local venue rules need to be adhered to by members and supporters alike. For example, no outdoor shoes on the courts, no food on the courts, etc.. Home teams are responsible for communicating venue rules to the travelling team in advance. This communication should include sufficient information to ensure the travelling team can arrive at the court in time, such as local parking or travel restrictions and building access details.

## 3.7. Match officials

- 3.7.1. “Match officials” include bench officials (timekeepers and scorers), umpires, a first aid officer, and a Bond Representative.
- 3.7.2. *Bench officials*
  - 3.7.2.1. The hosting club must provide at least two bench officials to score and time the match. Where possible, two scorers and two timekeepers are preferred.
  - 3.7.2.2. The bench officials should remain focused and impartial for the duration of the match, including during match preparation and intervals. Bench officials are therefore required to remain at the technical table for the duration, and may not engage with either team bench.
  - 3.7.2.3. Players, coaches or spectators may not engage with the bench officials during any phase of the match. The bench officials may be approached by the umpires or the Bond Representative with queries or direction.



## 3.7.3. *Umpires*

- 3.7.3.1. Umpires will be assigned to each league match by the League Director in collaboration with the Bond Umpiring Lead.
- 3.7.3.2. Where possible, assigned umpires will be independent, with no connection to the clubs playing in the match.
- 3.7.3.3. An established pool of Netball Netherlands umpires will be primarily used for officiating all League matches. The pool comprises umpires who are A) already qualified via Europe Netball; B) externally qualified or with adequate previous experience; and C) umpires who have come through the Netball Netherlands umpiring development pathway and have demonstrated adequate competency for officiating our league matches. All League umpires are expected to attend a minimum of three umpire workshops, as per the League code of conduct.
- 3.7.3.4. The League umpiring pool will remain open to changes and inclusions. All new prospective umpires will be internally assessed before invitation into the League pool.
- 3.7.3.5. In the event that insufficient pool umpires are available, a developing Netball Netherlands umpire will be given priority to support the ongoing development of talent within Netball Netherlands. Should this not be possible, an experienced external umpire will be sought.

## 3.7.4. *First aid officer*

- 3.7.4.1. The hosting team is required to provide a first aid officer for the match.
- 3.7.4.2. Where possible, the travelling team should also include a first aid officer among their team officials.
- 3.7.4.3. As a developing League, should the travelling team not have a first aid officer present, the hosting team's first aid officer must be available to assist with both teams. In the event that this is required, the first aid officer will be notified by the umpires. The first aid officer may still remain at the team bench but should be available to assist with either team.

## 3.7.5. *Bond Representative*

- 3.7.5.1. A nominated representative of the Netball Netherlands Bond will be present at each League match.
- 3.7.5.2. The Bond Representative should be a current Bond member or, if a Bond member is not available, a suitably qualified League umpire.
- 3.7.5.3. The Bond Representative is responsible for opening the League match with a welcome and sharing of any Bond updates, mediating any match concerns, and overseeing the post-match debrief.



## 3.8. Scoring and timekeeping

- 3.8.1. The official Netball Netherlands scoresheet (see **Appendix D**) is to be used for all League matches. Instructions are provided on the back of the scoresheet.
- 3.8.2. At the end of the match, the bench officials must ensure the scoresheet is fully completed and then checked and signed by both umpires.
- 3.8.3. A photo of the scoresheet must then be submitted to the League Director within 12 hours after the match by the umpires. The hosting team should retain the original scoresheet for the season.
- 3.8.4. In addition to the official scoresheet, the score should be clearly visible to on-court players at all times during the match via a scoreboard, provided by the hosting team. The score for each team should be positioned on the side of their team bench for the duration of the match (not swapped each quarter to match scoring ends).
- 3.8.5. In the event of any discrepancy between the scoreboard and the scoresheet, the score on the Netball Netherlands official scoresheet is deemed the official and correct score.
- 3.8.6. Timekeepers are responsible for timing all playing periods, intervals, timeouts, injury times, and suspension periods. Three separate timing devices should be available for this purpose. Instructions for timing and scoring are available in the NNL technical officials guideline (see **Appendix E**).

## 3.9. Team bench

- 3.9.1. Team officials and bench players must be located at their team bench during play. Bench players may leave the team bench during play for a valid reason (for example to warm up) and team officials may move onto the court surround to coach and/or provide hydration at a stoppage for injury/illness of a player or blood (See Rule 3.3 of the INF Rules of Netball).
- 3.9.2. If team officials and bench players do not adhere to these rules, the umpires will penalise as per Rule 18.43 in the INF Rules of Netball.
- 3.9.3. To support continuing development of less experienced umpires in the League, the Bond Representative at the match will also be granted authority to correct bench infringements through off-court warnings and removals.
- 3.9.4. Team officials and bench players at the bench area are only to support or coach in a positive manner, which is not to be disturbing or intimidating to any match participants.



- 3.9.4.1. Coaching should exclusively encourage players to play safely, to the best of their ability, and in accordance with the codes of conduct and rules of the league and the international rules of netball.
- 3.9.4.2. Offensive, insulting, or abusive language and/or gestures must not be used.

## 3.10. Match play

- 3.10.1. The home team captain is responsible for ensuring the coin toss is carried out prior to the match commencing and informing the officials of the result. All teams must cooperate with the pre-match checks carried out by the officials.
- 3.10.2. All matches shall consist of four quarters of 15 minutes, an interval of four minutes between quarter one and two and between quarter three and quarter four, and a half-time interval of eight minutes.

1 <sup>st</sup> quarter	interval	2 <sup>nd</sup> quarter	half-time	3 <sup>rd</sup> quarter	interval	4 <sup>th</sup> quarter
15 minutes	4 minutes	15 minutes	8 minutes	15 minutes	4 minutes	15 minutes

- 3.10.3. In extenuating circumstances where court time is limited, match intervals may be reduced to three minutes and five minutes respectively, provided all match participants are in agreement.
- 3.10.4. Teams shall change ends each quarter.

### 3.10.5. Extra time

- 3.10.5.1. For all league matches including finals, extra time will be played to determine a winner if the scores are tied at full time.
- 3.10.5.2. Following a two minute interval after full time, extra time will consist of two periods of five minutes, with a one minute half time in between. Teams will change ends at each interval.

interval	1 <sup>st</sup> half	Half time	2 <sup>nd</sup> half
2 minutes	5 minutes	1 minute	5 minutes

- 3.10.5.3. If scores remain tied at the end of the extra time periods, play will continue (with no break, pause, or change of ends) until one team gains a two-goal advantage.
- 3.10.6. There shall be no limit to the number of substitutions which can be made in a match, with the exception of excessive use of tactical changes as per Rule 10.4 of the INF Rules of Netball.





## 3.10.7. *Tactical timeouts*

- 3.10.7.1. Each team is allowed to request one tactical timeout per half, during which players may return to the team bench for coaching, drinks, and team changes.
- 3.10.7.2. Each tactical time-out will be 90 seconds duration.
- 3.10.7.3. As per tactical changes, a tactical timeout may be requested by any on-court player, and will be actioned after the scoring of a goal.
- 3.10.7.4. The signal for a timeout will be that of a diamond formed with both hands.
- 3.10.7.5. The umpires will provide a 10 second notification for the end of the time-out period, at which time players must return to court: as per the beginning of each playing period, players must be in position ready to restart at the end of the break period.
- 3.10.7.6. No timeouts may be requested during extra time.

## 3.10.8. *Post-match debrief*

- 3.10.8.1. At the conclusion of each league match, following a minimum of 10 minutes for a cool-down, a short post-match debrief will be held.
- 3.10.8.2. The debrief will be managed by the Bond Representative, bringing together each coach and/or team captain from the two participating clubs, and both the umpires. In matches involving developing umpires, the supervising umpire present may join with the umpires and/or speak on their behalf.
- 3.10.8.3. At the discretion of the Bond Representative or on request by any participant, the post-match debrief may be held in separate groups.
- 3.10.8.4. The purpose of the debrief is to encourage open communication regarding any incidents or match feedback, and facilitates immediate action where possible.
- 3.10.8.5. Discussion is to be kept brief, constructive, and respectful. At the discretion of the Bond Representative, the debrief may be cut short or a participant ejected from the conversation for inappropriate comments.
- 3.10.9. In addition to the post-match debrief, any participating players, team officials, or match officials will continue to have the opportunity to submit any match feedback via the online form following the match.

## 3.11. **League season structure**

- 3.11.1. The League season will consist of 7x minor rounds, such that each team plays all other teams once, followed by finals and play-offs.



- 3.11.2. All matches for each round to be played within one weekend, as per the match schedule (see **Appendix F**).
- 3.11.3. The first named team is the home team, who will host the away team for the match. Home vs away matches will be fairly distributed.
- 3.11.4. Should postponement and/or cancellation of a match be required, the team concerned shall be responsible for informing the League Director of the requirement to postpone the fixture at least 5 days in advance of the scheduled match. Upon consensus of the postponement, the League Director will organise a follow-up match between the two clubs. If a follow-up match date cannot be made, the team who instigated the postponement will forfeit the match and the associated points.
- 3.11.5. In the event of a last-minute match postponement and/or cancellation (within two weeks of match play), the responsible team may be required to pay any fees associated with court hire cancellation.

## 3.12. League points

- 3.12.1. For the win, the winning team will receive 3 points. If at the end of a match the score is tied, extra time will be played to determine a winner. When losing a match with 5 points or less, the losing team receives 1 point. A loss of greater than 5 points or forfeit is worth 0 points.

Match position	League Points
Win	3 points
Loss by fewer than 5 goals	1 point
Loss by more than 5 goals	0 points
Forfeit	0 points

- 3.12.2. At the end of each round, the standings will be communicated through a leader board, provided by the Bond, for member use on their websites and social media.
- 3.12.3. Final league positions will be primarily based on League points accumulated. Should there be any ties on points within a League, positions shall be calculated as follows:
  - 1. *The team with the higher goal difference shall be deemed the higher placed team. If a tie still exists;*
  - 2. *The team with the higher number of goals scored shall be deemed the higher placed team. If a tie still exists;*



3. The Bond, together with the League Director, will check for any disciplinary actions or warnings that occurred within the tied teams during the season. The team with no or fewer warnings or disciplinary actions against them shall be deemed the higher placed team.

- 3.12.4. At the end of the minor rounds, the top 4 teams will go through to finals. Teams finishing in positions 5-8 will be invited to play-offs for final rankings during the semi finals. These are encouraged but optional.

### 3.13. League finals structure

- 3.13.1. The League finals will consist of three rounds: minor and major semi finals, a preliminary final, and a Grand Final (see **Appendix G**).

#### 3.13.2. Semi Finals

- 3.13.2.1. The major semi final will be played between teams finishing the League in positions 1 and 2. The winner of this match will go directly through to the grand final. The losing team will go through to the preliminary final.
- 3.13.2.2. The minor semi final will be played between teams finishing the League in positions 3 and 4. The winner will go through to the preliminary final. The losing team will be eliminated, finishing in 4th position.
- 3.13.2.3. Both semi finals will be played as a double-header, on the same day and at the same location (see **Appendix F**). Play-offs for positions 5-8 will also be held at this event, one between teams finishing the minor rounds in 5th and 6th positions, and one between teams finishing in 7th and 8th positions. The winner of the previous League season grand final will host the semi final matches and play-offs.

#### 3.13.3. Preliminary Final

- 3.13.3.1. The preliminary final will be played between the major semi final losing team and the minor semi final winning team. The winner of the preliminary final will go through to the grand final. The losing team will finish the season in 3rd position.

#### 3.13.4. Grand Final

- 3.13.4.1. The grand final will be played between the winner of the major semi final and the winner of the preliminary final.
- 3.13.4.2. The winner of the major semi final will host the grand final.

#### 3.13.5. Player and team eligibility

- 3.13.5.1. All finals teams must have fulfilled their "League development commitment" (as described in 3.2.3 above) by the final minor round to be eligible for finals.



- 3.13.5.2. As for minor round matches, the playing team for each finals match must comprise a minimum of 5 and a maximum of 10 players, at least 50% (minimum) of whom must be from the submitted squad list.
- 3.13.5.3. In addition, all nominated finals players must have played a minimum of one minor round League match within the season to be eligible for finals.
- 3.13.5.4. A list of finals-eligible players will be provided to all finals teams following the final minor round.

## 3.14. Awards

- 3.14.1. At the conclusion of each minor round match, each team will nominate winners for the Most Valued Player (MVP) and Fair Play awards for the opposing team via the scoresheet.
- 3.14.2. The Fair Play award is awarded to the player who shows good spirit, fairness, and plays within the rules and values of the league.
- 3.14.3. Determined by accumulation of points during the minor rounds, season MVP and Fair Play awards will be awarded at the conclusion of the grand final match.
- 3.14.4. An MVP and a Fair Play award for the grand final will also be awarded, determined by the Bond Representative in conjunction with the grand final umpires.

## 3.15. Social media and photography permission

- 3.15.1. By entering the League, participants agree to the filming and photography of matches for use on social media platforms, including Instagram, websites, and newsletters.

## 3.16. Complaints and feedback procedures

- 3.16.1. Open communication is strongly encouraged throughout the League competition. Any and all feedback is welcomed. This can be provided via 1) the post-match debriefs, and/or 2) the [Netball Netherlands League Match Feedback form](#) online. Through this method, any League participant can provide feedback. All feedback will be considered with due care.
- 3.16.2. In the event of serious grievances or concerns, for example regarding participant behaviour, fair play, or League procedures, the above form can be used to request a response from the Bond or League Director. Should the report relate to a breach of the codes of conduct, disciplinary procedures will be initiated.



## 3.17. Disciplinary procedures

- 3.17.1. Any breach of the League competition codes of conduct will be investigated and addressed by the League administration in conjunction with the Bond.
- 3.17.2. The League administration will obtain reports from relevant parties, including but not limited to any direct complainants, direct witnesses both involved and neutral (e.g. Bond Representatives), and external sources (for example neutral umpiring expertise).
- 3.17.3. A disciplinary report will be completed including the details of the incident and recommended actions. This will be provided directly to the complainant(s).
- 3.17.4. If a League participant or team is deemed to be in breach of the codes of conduct, they will be called into a brief meeting with a Bond member or the League Director and provided with feedback regarding the breach and steps forward.
- 3.17.5. Typically, disciplinary actions will be escalated as follows:

Breach number	Same infringement	Different infringement
1	Corrective advice	Corrective advice
2	One match ban	Corrective advice
3	Season expulsion	One match ban
4	NA	Season expulsion

- 3.17.6. Severe breaches may, at the discretion of the League Director together with the Netball Netherlands Bond, be escalated directly to a match ban or season expulsion. This may include, but is not limited to, instances deemed to put player safety at risk.

## 4. Administration

### 4.1. Netball Netherlands Bond Members and Representatives 2025-26

Netball Netherlands are made up of the following volunteers:

Bond Directors: Tania Hudig, Lisette van Eijk, Anna Bennington

League Director: Annika Hulsman

League Administrator: to be determined

Coaching Lead: Carli van der Merwe

Umpiring Lead: Ashlee Caldwell

Socials: Maxine Murphy



## 4.2. League communications

- 4.2.1. Official correspondences regarding the 2025-26 League are via Whatsapp and via the League email address. Umpiring-specific communications are via Whatsapp and the Netball Netherlands umpiring email address.

League: [nnlleague@gmail.com](mailto:nnlleague@gmail.com)

Umpiring: [umpiresnetherlands@outlook.com](mailto:umpiresnetherlands@outlook.com)

## 4.3. League umpiring pool 2025-26

The League umpire pool, subject to change throughout the season, currently includes:

- |                            |                           |
|----------------------------|---------------------------|
| • Grace Appleford (ANC)    | • Neville Donaldson (RNC) |
| • Anna Bennington (DHNC)   | • Tanya Fouche (UNC)      |
| • Gary Patrick Brown (UNC) | • Annika Hulsman (DHNC)   |
| • Liezl de Bruin (UNC)     | • Johan Mostert (UNC)     |
| • Ashlee Caldwell (BNC)    | • Patrick Neasey (UNC)    |
| • Dakota Coetzee (RNC)     |                           |

## 4.4. Participating teams 2025-26

- |                      |                    |
|----------------------|--------------------|
| • Amersfoort (AFNC)  | • Den Haag (DHNC)  |
| • Amsterdam 1 (ANC1) | • Maastricht (MNC) |
| • Amsterdam 2 (ANC2) | • Rotterdam (RNC)  |
| • Brussels (BNC)     | • Utrecht (UNC)    |

Brabant Netball Club (BBNC) is recognised as an established club, but will not yet take part in the 2025-2026 league. They are, however, considered an affiliate club for the purpose of participation in any/all tournaments and friendly matches taking place.

## 4.5. Costs

- 4.5.1. All costs regarding any league aspects will be borne by the clubs themselves and not the Netball Netherlands Bond. This will all be included in the contribution model that will be re-implemented for the 2025/2026 season (see below).
- 4.5.2. Entry fee for the league will be **€389** per team.



- 4.5.3. To be eligible for League entry, all clubs must have paid the annual Netball Netherlands club contribution fee of **€25-75** (dependent on club size).
- 4.5.4. Each player entered into the league **MUST** have paid the Netball Netherlands **€15** annual player contribution in order to play in the League. Failure to meet this criteria will result in loss of League points for any match utilising ineligible players.

## NETBALL NL CONTRIBUTION FEES SEP 25



### 4.6. Tournament dates 2025-26:

- Amersfoort: 13 September 2025
- Den Haag: 11 October 2025
- Amsterdam: 15 November 2025
- Utrecht: To be confirmed
- Rotterdam: 28 February 2026
- Maastricht: 20 June 2026



## Appendix A: Codes of Conduct

### Codes of conduct

“the Rules of Netball are underpinned by core values of **equal opportunity and fair contest**, stipulating that **player safety** must always be the paramount consideration, and that standards of **good sporting behaviour and mutual respect must always be upheld**”

**Good sporting behaviour:** a level of behaviour that meets generally accepted ethical standards in sport, including playing by the Rules of the Game, self-discipline, self-control, and respecting opponents and officials.

INF Official Rules of Netball, 2024

### Players, Coaches, and Team Officials

- I will comply with the Rules of the Game.
- I will respond to rulings by the umpires and adjust my play/behaviour accordingly.
- I will behave in a manner consistent with good sporting behaviour throughout the entire match including intervals, stoppages, and when the ball is both in and out of play.
- I must not act in any way that may add hostility to a match or is contrary to accepted standards of good sporting conduct and to the integrity or image of the game.
- I must not act in a manner contrary to accepted standards of good sporting behaviour or to the integrity and image of the game.

### Umpires

- I will, to the best of my ability, apply the Rules of the Game fairly, communicate clearly and maintain a calm, decisive control while ensuring that player safety is the paramount consideration.
- In all interactions with players and team officials during the match, I will act respectfully in accordance with standards of good sporting behaviour and must not criticise or coach any player or team
- I will commit to continuing/maintaining skills and knowledge development by attending a minimum of 3x NNL Umpire Workshops through the season.



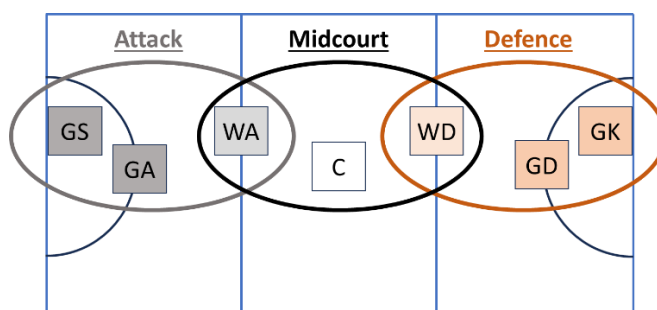


## Appendix B: Mixed-Gender Playing Regulations

- A maximum of 3 male players on the court at any time.
- No minimum requirement.
- Any single position may be occupied by a male player.
- Maximum of one male player in each area of the court (attack, midcourt\*, defence)

\*Alternatively, if a team has **two** male players in the midcourt, then they cannot have a male player in either goals or defence. **In practice**, this means that WA/WD may be considered an attacking/defending player in lieu of a goal circle player, provided that no more than 2 midcourt players are male.

		Mid-court			
Attack				Defence	
GS	GA	WA	C	WD	GD GK



### Two-player combinations:

attack	+	midcourt
GS or GA	+	WA
GS or GA	+	C
GS or GA	+	WD
WA	+	C
WA	+	WD

attack	+	defence
GS or GA	+	GD or GK
GS or GA	+	<b>WD</b>
WA	+	GD or GK

midcourt	+	defence
WA	+	GD or GK
C	+	GD or GK
WD	+	GD or GK
WA	+	<b>WD</b>
C	+	<b>WD</b>

### Three-player combinations:

attack	+	midcourt	+	defence
GS or GA	+	WA	+	GD or GK
GS or GA	+	C	+	GD or GK
GS or GA	+	WD	+	GD or GK
GS or GA	+	WA	+	<b>WD</b>
GS or GA	+	C	+	<b>WD</b>
WA	+	C	+	GD or GK
WA	+	WD	+	GD or GK

### Illegal player combinations:

Illegal combinations				
GS	+	GA		
GD	+	GK		
GS or GA	+	WA	+	C
C	+	WD	+	GD or GK
WA	+	C	+	WD



The diagram illustrates the layout of a basketball court, divided into three main sections by two transverse lines. The court is 30.5 m (100 ft) long and 15.25 m (50 ft) wide.

- Top Section (Goal Third):** Contains the goal line, goal circle, and a goal post. The distance from the top transverse line to the goal line is 3.05 m (10 ft).
- Middle Section (Centre Third):** Contains the centre circle, which is 0.9 m (3 ft) in diameter. The distance from the top transverse line to the bottom transverse line is 30.5 m (100 ft).
- Bottom Section (Goal Third):** Contains the goal line, goal circle, and a goal post. The distance from the bottom transverse line to the goal line is 4.9 m (16 ft).

The court is flanked by a blue area labeled "bench zone" on the left, which includes "team bench 1", "official bench", "umpires' bench", and "team bench 2". On the right, there is a green area labeled "media & other technical officials zone".

18



# Appendix D: Netball Netherlands League Match Scoresheet

Date and Location:			
Home team		Away team	
Team List	Played	Team List	Played

Centre Pass


Home Score Tally

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

Away Score Tally

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

Timeouts		Scores		Scores		Timeouts	
1st half		1/4			1/4		1st half
		2/4			2/4		
2nd half		3/4			3/4		2nd half
		Full time			Full time		
		Extra time			Extra time		

MVP: \_\_\_\_\_

Fairplay: \_\_\_\_\_

Umpire 1  
Name: \_\_\_\_\_  
Signature: \_\_\_\_\_

MVP: \_\_\_\_\_

Fairplay: \_\_\_\_\_

Umpire 2  
Name: \_\_\_\_\_  
Signature: \_\_\_\_\_



## Appendix E: Technical Officials Guideline

The hosting club must provide at least two bench officials to score and time the match. Where possible, two scorers and two timekeepers are preferred.

The bench officials should remain focused and impartial for the duration of the match, including during match preparation and intervals. Bench officials are therefore required to remain at the technical table for the duration, and may not engage with either team bench.

Players, coaches or spectators may not engage with the bench officials during any phase of the match. The bench officials may be approached by the umpires or the Bond Representative with queries or direction.

### Timing

Timekeepers are responsible for timing:

- Quarters and intervals –

<i>1<sup>st</sup> quarter</i>	<i>Interval</i>	<i>2<sup>nd</sup> quarter</i>	<i>Half time</i>	<i>3<sup>rd</sup> quarter</i>	<i>Interval</i>	<i>4<sup>th</sup> quarter</i>
<b>15 minutes</b>	<b>4 minutes</b>	<b>15 minutes</b>	<b>8 minutes</b>	<b>15 minutes</b>	<b>4 minutes</b>	<b>15 minutes</b>

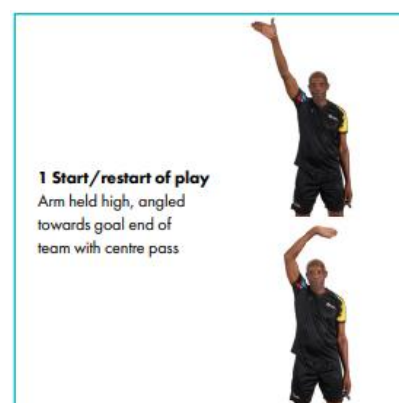
- Timeouts – **90 seconds** duration, each team may request 1x timeout per half.
- Injury times – **up to 30 seconds** duration
- Suspension periods – **2 minutes** (suspension) and **4 minutes** (ordering off) of *playing time*
- Extra time –

<i>Interval</i>	<i>1<sup>st</sup> half</i>	<i>Half time</i>	<i>2<sup>nd</sup> half</i>
<b>2 minutes</b>	<b>5 minutes</b>	<b>1 minute</b>	<b>5 minutes</b>

Separate timing devices are recommended for **1)** playing periods, **2)** intervals and timeouts, **3)** injury times, **4)** suspension periods. Timers should be devices used for the sole purpose of timing: if this must be a phone, please ensure it is in airport mode or Do Not Disturb so the timer is not interrupted during the match.

Responsibilities for timing quarters include:

- Ensuring the timer is prepped for the correct duration (15 minutes)
- Starting and pausing the time as per either umpire's request during the match
  - A long whistle is used to **start** or restart time
  - A medium rolling whistle is used to **hold** time
  - Hand signals for starting/restarting and holding time are shown here →
- Ensuring the bench-side umpire is aware the moment time ends: be directly behind the umpire at this moment (start moving from the officials bench when there are 10 seconds remaining) and **say** "time" loud and clear. Time ends on the umpire's whistle, not when the timer goes off.





## Appendix E: Technical Officials Guideline

### Responsibilities for timing **intervals** include:

- Ensuring the timer is prepped for the correct duration (4 or 8 minutes)
- Starting the timer immediately on the umpire's whistle to end the quarter.
- Notifying the umpires when there are **30 seconds** AND **10 seconds** remaining in each interval, and **at the end** of each interval.

### Responsibilities for timing **timeouts** include:

- Ensuring the timer is prepped for the correct duration (90 seconds)
- Starting the timer immediately on the umpire's request for a timeout.
- Notifying the umpires when there are **30 seconds** AND **10 seconds** remaining in the timeout, and **at the end** of the timeout.

### Responsibilities for timing **injury times** include:

- Ensuring the timer is prepped for the correct duration (30 seconds)
- Starting the timer immediately on the umpire's request for injury time.
- Notifying the umpire when 10 seconds remain at the end of this period, and at the end.

### Responsibilities for timing **suspension periods** include:

- Ensuring the timer is prepped for the correct duration (2 minutes or 4 minutes)
- Starting and pausing the timer when playing time starts or pauses, for the duration of the suspension or ordering off period.
- If a player is **suspended**, this will be for **2 minutes of match play**. If a player is ordered off, the position will be left vacant for **4 minutes of match play**. That means, when the match timer pauses or stops, the suspension timer stops.
- Notifying the umpire when 10 seconds remains at the end of this period, and at the end.

## Extra time

Any match (minor rounds AND finals) ending in a draw will go into extra time to determine a winner.

### Responsibilities for timing **extra time** include:

- Being aware of the score towards the end of the 4<sup>th</sup> quarter.
- Ensuring the intervals timer is prepped for the correct duration (2 minutes, then 1 minute).
- If the match ends in a draw, the interval timer (2 minutes) should be started immediately on the end of the 4<sup>th</sup> quarter period and the umpires notified.
- Notifying the umpires when there are **30 seconds** AND **10 seconds** remaining in each extra time interval, and **at the end** of each interval.
- Ensuring the playing period timer is prepped for the correct duration (5 minutes).
- Starting and pausing the time as per either umpire's request during extra time
- Ensuring the bench-side umpire is aware the moment time ends: be directly behind the umpire at this moment (start moving from the officials bench when there are 10 seconds remaining) and **say "time"** loud and clear. Time ends on the umpire's whistle, not when the timer goes off.

**If scores are still tied at the end of the second half of extra time, play continues until one team gains a two point advantage. In this case, do NOT notify the umpire of time at the end of the half. Notify the umpire once one team gains a two point advantage.**



1x official Netball Netherlands League Match Scoresheet must be used.

**Scorers are responsible for:**

- Ensuring the full names of all players from both teams are filled in. The names of all players who take the court should be ticked off by the end of the match.
- Ensuring the umpires names are written on the scoresheet.
- Ensuring each goal is tallied and quarterly score results are filled in.
- Recording each centre pass and cross-checking. If the umpires indicate a centre pass incorrectly, the scorers are required to notify them **before** the centre pass.
- Updating the scoreboard in a timely manner. The scores should reflect the bench ends of each team, and should not be switched each quarter to match goal ends.

\*The scoresheet should be prioritised as this is the official score in the event of any discrepancies.

- Marking off when each team uses a timeout: each team may request a maximum of 1 timeout per half.
- Ensuring the “MVP” (most valuable player) and “Fairplay” votes are completed by each team.

At the end of the match, the umpires are required to check and sign the scoresheet, take a photo, and submit to the Bond. The original copy of the scoresheet will remain with the Home team.

22



## Appendix F: 2025-26 League Match Fixture

Round 1			
Saturday 4 October	Brussels Netball Club	vs	Maastricht Netball Club
	Utrecht Netball Club	vs	Den Haag Netball Club
Sunday 5 October	Amersfoort Netball Club	vs	Amsterdam Netball Club 2
	Amsterdam Netball Club 1	vs	Rotterdam Netball Club
Round 2			
Saturday 8 November	Brussels Netball Club	vs	Utrecht Netball Club
	Den Haag Netball Club	vs	Amersfoort Netball Club
Sunday 9 November	Maastricht Netball Club	vs	Rotterdam Netball Club
	Amsterdam Netball Club 2	vs	Amsterdam Netball Club 1
Round 3			
Saturday 6 December	Rotterdam Netball Club	vs	Brussels Netball Club
	Amersfoort Netball Club	vs	Amsterdam Netball Club 1
Sunday 7 December	Maastricht Netball Club	vs	Den Haag Netball Club
	Amsterdam Netball Club 2	vs	Utrecht Netball Club
Round 4			
Saturday 24 January	Amersfoort Netball Club	vs	Brussels Netball Club
	Utrecht Netball Club	vs	Rotterdam Netball Club
Sunday 25 January	Den Haag Netball Club	vs	Amsterdam Netball Club 2
	Amsterdam Netball Club 1	vs	Maastricht Netball Club
Round 5			
Saturday 7 March	Brussels Netball Club	vs	Den Haag Netball Club
	Rotterdam Netball Club	vs	Amsterdam Netball Club 2
Sunday 8 March	Maastricht Netball Club	vs	Amersfoort Netball Club
	Amsterdam Netball Club 1	vs	Utrecht Netball Club
Round 6			
Saturday 11 April	Den Haag Netball Club	vs	Rotterdam Netball Club
	Amsterdam Netball Club 2	vs	Maastricht Netball Club
Sunday 12 April	Utrecht Netball Club	vs	Amersfoort Netball Club
	Brussels Netball Club	vs	Amsterdam Netball Club 1
Round 7			
Saturday 9 May	Rotterdam Netball Club	vs	Amersfoort Netball Club
	Amsterdam Netball Club 1	vs	Den Haag Netball Club
Sunday 10 May	Amsterdam Netball Club 2	vs	Brussels Netball Club
	Utrecht Netball Club	vs	Maastricht Netball Club
FINALS AND PLAYOFFS			
Saturday 6 June	Semifinals and playoffs		
Saturday 13 June	Preliminary finals		
Saturday 27 June	Grand Final		



Appendix G: 2025-26 League Finals Structure

