

County Covid Netball League (CCNL)

www.middlesexnetball.co.uk

**Rules and Regulations 2020-2021**

**KEY INFORMATION TO BE READ BY ALL PARTICIPANTS**

Players and coaches have a responsibility to avoid putting themselves and others at risk by following the modifications put in place and umpires will support them. It is everybody’s responsibility during this time to follow all of the protocols in place. With good compliance from all, there should be no issues.

The England Netball website hosts a wealth of information and support for all members. All Club Covid officers and league participants should have read/watched the following:

* Understanding the Risk of Netball video
* Restart guide
* Health Screening document
* Stage 4 Rules Modification video
* Track and Trace Protocol
* Roadmap
* Sanitisation Protocol
* League “Opt In” statement

**Prior to a match:**

* Read Personal Risk Assessment
* Read “OPT IN” statement and sign it prior to playing
* Use Symptom Checker – at home and then at the venue for access
* Know who your club COVID 19 Officer/s is/are
* Ask your club COVID officer for details of any specific venue Entry/Exit requirements (e.g. one way systems) and any other specific risk mitigation information for Brunel Sports Park
* Make sure ALL your team and personal equipment is cleaned at home prior to leaving
* Personal items should be clearly marked and not shared e.g. drinks bottles, sweat towels, hand sanitiser
* Arrive ready to Play (in Kit, with drink and hand sanitiser; face mask/covering) – No changing facilities to be used
* Travel to the venue on your own. If this is not possible, follow the latest government guidance

<https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/925684/coronavirus-safer-travel-easy-read-guidance.pdf>

**Arriving at the Venue:**

* Arrive on Time. All participants should arrive no more than 10 minutes prior to court access time to undertake COVID registration requirements. Do not arrive excessively early – you may be asked to remain in your cars or outside of the venue. And do not arrive late as you may be unable to access once teams are in action.
* Maintain social distancing
* Register at the venue:
  + Undertake final health screening
  + Complete Test and Trace protocol
  + Complete any venue/club/CCNL registration requirements (should know in advance – advised by CCNL)
* Make sure you are ready to play – no changing facilities will be available
* Face mask/covering will be required if you access the pavilion to use the toilet facilities
* Wait in the designated holding area until advised to access the court area. You will need to wait until the previous games have completed and all courts have been cleared and checked by CCNL representatives before you will be permitted entry to the courts.
* Only registered players and team bench officials who hold full, active England Netball Membership and Scorers who hold at least active England Netball Social and Supporting Membership will be admitted into the court area.
* All spectators should complete Test and Trace protocols even if outside the court area i.e. behind a fence.

**Pre Match checks and protocols:**

* Courts will ideally be accessible 15 minutes before start of play. During this period, teams will have the opportunity to warm-up and each participant must attend the umpires’ pre-match briefing which may last up to 5 minutes to ensure all are clear of expectations and requirements.
* When advised, follow signage for court access and move promptly to your match court and to the team bench position as advised by the CCNL COVID Officer.
* When you arrive at your team bench, place your personal belongings in a position 2m away from all other players/team officials.
* All participants to sanitise hands upon arrival at team bench and just prior to the start of the match.
* Warm-up activities must be conducted in socially distanced bubbles.
* There should be no pre-match huddle or ‘hands in’– players should remain socially distanced for any pre-match team talk.
* Nail checks will be conducted by the umpires in a socially distant manner from 2m.
* The umpires will give a pre-match briefing to all participants to include:
* Reminding players that they should not be consciously increasing risks. The key is to keep moving and avoid standing still / close to someone else. As soon as a player has the ball, then others need to find distance.
* Reminder of rule modifications – 4ft spacing for the start of play; 4ft marking; 4ft position of penalised player; removal of idle interactions; removal of toss ups.
* NO stepping in (e.g. GS stepping in at a shot) - A shooter who lessens the distance between herself and a defender is directly increasing the risk to her and her opponent and should be avoided.
* Scorers must position where advised to do so by the CCNL COVID Officer and must be at least 2m from all netball activity and together, but socially distant from each other.
* Spectators should be outside the court area (i.e. behind the fence) and must remain socially distanced and gather in groups of no more than six. England Netball recommends that Clubs should discourage spectators from attending unless necessary for young people with specific needs.

**Bib sharing:**

* Bib Sharing is not permitted. Teams must have bib alternatives if player position changes are to occur during play. No pins are allowed on bibs. It is the teams’ responsibility to be prepared.

**Coin toss:**

* Only one team captain is to touch the coin. Captains to remain socially distanced.

**Balls:**

* It is each team’s responsibility to ensure ALL equipment is cleaned prior to play (including balls and goal post/post protectors nearest to their team bench) and match balls are appropriately pumped up.
* Each team must provide a sanitised match ball. The umpires do not touch the balls.
* The balls are kept at the team benches and each team is responsible for their own ball.
* The balls must be sanitised every 15 minutes during activity
* The umpires are not required to deliver the ball for a centre pass.
* The Centre from the team who is taking the first centre pass of each quarter will be responsible for bringing the ball onto court. The second ball is the reserve.
* During play, if the ball is touched by anyone other than the on court players (e.g. if ball enters adjacent court / touches a spectator), the umpires will hold time and replace the ‘contaminated’ match ball with the second clean ball. The team whose ball is contaminated should have a nominated person to clean that ball ready for use again if required and it then becomes the reserve ball.

**Goal Post / Protectors:**

* The goal post / protectors need to be sanitised before the start of play and at the end of the match by a member of the team bench positioned nearest.
* If goal post / protector is touched during play (with hand or leant on by a player), the umpire will hold time and the team whose team bench is closest to the goal post must sanitise the post before play can be resumed. Each team should have a nominated person who will come over and wipe the post with a sanitising wipe.
* If the ball gets stuck in the net, a player can tap the post with their foot to release the ball.

**During Play**

* On court players should not wear face masks as they inhibit breathing.
* No high fiving
* Those sitting/standing on the team benches to be 2m apart or 1m+ if wearing a face mask/covering.
* No excessive shouting by players is allowed e.g. LEFT, LEFT, LEFT.
* No shouting and cheering from team bench or spectators.
* Players and coaches should understand their responsibilities to reduce risk and support the umpires to apply the modifications.

**Intervals and Social Distancing**

* Make sure you sanitise your hands before the match and during each interval.
* Players to sanitise hands immediately they return to their team bench at the end of each quarter and again just before the restart of play.
* No team talk huddles - remain socially distanced from all members of your team and team bench at all times whilst off court. it is suggested that teams stand on court in the goal third in front of their team benches.
* No pre-quarter ‘hands in’
* Players must wait for umpires to be in position on the side lines before entering the court at the start of play and after an interval

**Injury, Illness or Blood Stoppages**

* First aiders should wear a face mask/covering when dealing with an injured player. They must sanitise hands before and after treating player; and wear gloves when dealing with open wounds.
* Umpires may extend the injury time to ensure that the team with the injured player can safely assess the injured player and then sanitise the court if the player was on the ground

**Post Match and Exit:**

* No post match hug circles or handshakes. Teams can form a socially distanced large circle together on the court area to do 3 cheers.
* Cooldown activities in court area will not be permitted
* Captains to complete paperwork using own pen
* All participants to sanitise hands following match
* Collect all personal items and exit courts promptly
* Follow venue specific exit requirements e.g. One way system.
* Do not use changing facilities
* No post-match team teas or sharing of snacks and confectionary
* Team selfies must be socially distanced
* Do not loiter or congregate with team members
* Players may only play one match/train with one team maximum per day under the rule modifications. No more than 60 minutes match play in a day due to risk mitigation factors. Playing in multiple games would increase the number of people that would be exposed within this environment and would present a greater risk of COVID 19 spreading.
* If you develop COVID 19 symptoms up to 48 hours after playing in the CCNL, you must notify NHS Test and Trace and notify both your Club COVID Officer and the CCNL COVID Officer if the test is positive – you will also be required to self-isolate as per government guidance.

**RULE MODIFICATIONS**

* **4ft spacing for the start of play**– GS and GK are required to start inside their respective goal circles, GA, GD, WA and WD on the transverse line and the centres in the centre third. The modification requires all players to position themselves a minimum of 4ft away from their opposing players and teammates at the start of play. This will be managed by umpires at the start of play.
* **4ft marking** – the defending distance has been increased from 3ft to 4ft. Particular attention must be paid in the circle when defending or waiting for a rebound under the goal post. This will be blown as distance. This applies when face to face, and marking within 1m is permitted provided you are not stood still or face to face.
* **4ft position of penalised player**– penalised players for major infringements are required to position beside the player they infringed but from a distance of 4ft. This will be managed by umpires when an infringement occurs.
* **Removal of Toss Ups**– No toss ups are permitted, the team who had the ball directly before the action that caused the toss-up to be awarded will retain possession. The umpire will briefly hold time, instruct the ball to be returned to the relevant team and play will be restarted on the umpire’s whistle.
* **Removal of idle interactions** – Players not engaged in play or stood still are required to be positioned 4ft away from another player. This frequently happens on the circle edge, on the transverse line, whilst walking back to centre pass and returning to the team bench at the end of a quarter. Managed by umpires and supported by players and coaches.