



THE VIKING CUP RULES

1) GAME

League matches will consist of 4 quarters each lasting 12 minutes each. The breaks between the 1st/2nd quarter and 3rd/4th quarter will last 3 minutes each. The break at half time will last 4 minutes. Teams will change ends after each quarter.

2) CAPTAIN'S ROLE

a) As the team Captain it is your responsibility to be the primary contact for the team and all players involved. By allowing a player to take part in a league match, you are confirming that a player is aware of and will abide by these rules.

b) Players must be registered and a list of the team members playing each week submitted to the organisers.

c) Team Captain must submit the team's choice of opposing team's MVP to the umpires at the end of each game.

3) UMPIRES

The umpire has complete control of the game and their decision is final. When rules of the game are broken the penalties awarded by the umpire are free pass, penalty pass (or shot), throw in, toss up.

4) JEWELLERY & NAILS

Nails must be filed/cut short to ensure safety for all players before stepping on court. Nails will be checked before each game. No item of jewellery, except a wedding ring and/or medical alert bracelet, shall be worn. If worn they must be taped. No adornment that may endanger player safety shall be worn. Only specific Netball gloves are allowed for medical reasons. Any player who refuses to file/cut their nails or to remove items of jewellery will not be allowed to play in the game. Time will not be stopped for players to cut their nails/remove jewellery once the whistle has blown. Players will need to wait until the next centre pass to come on court.

5) UNIFORMS & KIT

- a) Teams must wear the same colour tops for a league game, or their Club's uniform.
- b) Head scarves are permitted. The material used for the head covering should be soft, without embellishments which might constitute a danger and with potential flowing/flapping edges held securely around the neck or tucked into a shirt collar. It should be as neat and secure as possible.
- c) No caps are to be worn while playing a game.
- d) Sunglasses are not permitted under any circumstances.
- e) Players must wear suitable clothes and training shoes. Shoe laces must be securely tied before a game. Time allowances will not be given at any point for someone to tie their shoe laces.

6) CONDUCT

- a) If any player (in the opinion of the umpire) has consumed alcohol, then that player will not be permitted to play in any matches that night.
- b) Umpires must be respected, listened and adhered to at all times. If teams or players have an issue with an Umpire please discuss it with them at half time or afterwards.
- c) Discrimination of any kind towards officials or other players will not be tolerated and will result in further action being taken by the league, up to and including expulsion of the offending players and teams from the leagues.

7) STANDINGS & PLAYOFFS

Each week the updated standings will be updated to reflect the latest set of results. The top four teams after the final round of games will play the third/fourth and first/second playoffs and finals.

Ringers may not be used in play offs/finals unless expressly allowed by the opposing captain.

In the event that the match is drawn in a play-off or final, the game will be decided by next score wins. Which team starts with the centre pass will be decided by a coin flip. The game will continue until a goal is scored.

8) SUBSTITUTES

A player can only substitute for another team twice per season. A substitute may play any position needed.



9) FORFEITS, CANCELLATIONS & RESCHEDULING FIXTURES

- a) Teams may not postpone fixtures. League organisers reserve the right to postpone fixtures at any time.
- b) The team Captain must inform the League organisers if their team is going to cancel. They will forfeit the game 10-0.
- c) Any team not showing up for a match (or arriving more than 10 minutes late) without contacting the league in advance will lose the match 10-0.
- d) If a team does not have a full squad (the minimum number of original players required according to the rules is five (5) people) at the designated start time a goal a minute will be given against them. At ten minutes after the start time the match is forfeited (per staff and opposing team's captain request). In this situation we will always try and get some sort of game going for the remainder of the time. As much notice as possible must be given if teams are short of players or they think a forfeit is likely.
- e) Any questions regarding policies, rules, or eligibility must be addressed before the start of the match.
- f) Any team that 'no-shows' (3 points will be deducted) or late cancels (i.e. after 4pm on the day) on 3 occasions in one season may be expelled from the league without compensation. Late cancellations and 'no-shows' will also be taken into account when inviting teams back for future seasons.
- g) A team cannot withdraw from a league once the league has begun. Any team that wishes to pull out from a league with games still remaining will still be obliged to pay the league fees for the full season.
- h) League Organisers have the right to expel any team from a league if they believe there is due cause. All such decisions will final.
- i) If 75% of a match is played and the match is subsequently abandoned then the result at the time will stand. Exceptions to this rule will be where Powerplay feels that this is detrimental to the league, or if this would benefit the team which caused the abandonment. In such a case the offending team may lose the game 10-0 and be charged the opposition's match fee, or be required to fund a replay.

10) PUNCTUALITY

Games must start exactly at the designated start time. Teams that arrive late will be penalised by a goal a minute against them until they have the required amount of players to legally play. If the game has started, late players must wait for the next centre pass before joining the game. Lateness will also result in shorter netball games for both teams.



11) DISCIPLINARY

a) The suspension (sin bin) process is:

- i) Signal to the Timekeeper to hold time;
- ii) Advise the player of the reasons for suspension and the time for this to apply;
- iii) Advise the Timekeepers of the length of the suspension;
- iv) Signal to the Timekeepers and blow the whistle for the game to be resumed.

b) The ordering off procedure is:

- i) Signal to the Timekeeper to hold time
- ii) Advise the player of the reasons for the ordering off
- iii) Signal to the Timekeepers and blow the whistle for the game to be resumed

c) All umpires' decisions are final. Intimidation of referees will not be tolerated and will result in further action being taken by the league, up to and including expulsion of offending players and teams from the league.

d) Discrimination of any kind towards officials or other players will not be tolerated and will result in further action being taken by the league, up to and including expulsion of offending players and teams from the league.

e) The League Organisers reserve the right to ban or expel any player or team from the league or take any other disciplinary action as it deems appropriate.

f) Any team knowingly fielding a suspended player will forfeit that game 10-0.

12) SPORTSMANSHIP

The idea of The Viking Cup is to have fun. We hope that all participants keep that in mind when becoming involved. Although the games may become intense, you still can be competitive while maintaining good sportsmanship. With this said, any behaviour deemed unacceptable by umpires or organisers may result in suspension and/or ejection from a game or the league.

13) LEAGUE ORGANISERS

To coordinate and run the league, our volunteers will try to be available at all times to help the league run as smoothly as possible. If you have questions regarding schedules, policies, rule interpretations, etc. please contact info@lynxnetball.com and write "Viking Cup League" in the subject line.



14) MIXED NETBALL

Only three men are allowed on court at any one time. When on court playing the three men have to be in separate thirds of the court, position wise. This means that one man plays in the shooting or attacking positions of either Goal Attack (GA) or Goal Shooter (GS). One man plays in the mid-court positions of either Centre (C), Wing Attack (WA) or Wing Defence (WD) and one man in the defending positions of either Goal Defence (GD) or Goal Keeper (GK).

15) RESPECT

The Viking Cup has a responsibility to promote fun and high standards of behaviour in the game and this relies on players also. Play your part, have fun, enjoy yourselves and observe The Viking Cup social code of conduct for players at all times.

