



NENETBALL SOUTH VIRTUAL NETBALL LEAGUE

DETAILS OF THE LEAGUE

1. THE LEAGUE:

The Virtual League is optional for clubs and individual athletes to join. Although competitive it is to be fun and run-in good spirit to keep netballers active ready to return to court.

No players should feel pressurised to take part.

Can clubs ensure they refer the athletes to the EN opt-in guidance and emphasise this is their choice.

2. ELIGIBILITY

To participate in the league athletes must be a member of England Netball. They can participate in any age group that they are eligible for but only one age group per day

3. RISK ASSESSMENT

Given the limitations of Zoom and the ability to risk assess every environment and athlete - anyone participating in this league does so at their own risk ie an injury in the home or in an outside area would be the responsibility of the athlete over 18, and parents/guardians for under 18's, ensuring the area is safe and the activities are carried out in a safe manner. If the athlete is advised by any medical professional not to take part in exercise as a result of a health condition or injury they should seek medical advice before participating in the league.

4. INSTRUCTORS:

There is a coaching team that will deliver the sessions that are all qualified as level 3 or level 2 over many activities. They will introduce themselves at all sessions but if further information is required please contact: julietucker250768@yahoo.co.uk

5. THE SESSION:

The sessions will consist of a number of activities as laid out in the exercise sheet. All exercises will be 90 seconds long but the athletes need only participate for the length of time that is acceptable to them. No pressure at all to sustain 90 seconds. Each team will have a scorer who will keep the score and complete the result sheet electronically and return by email to: netballsouth_competitions@outlook.com by 5pm on the Saturday, after which league tables will be updated on the NS website



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6. JOINING THE ZOOM MEETING:

All Zoom sessions will be recorded and wherever possible please have cameras turned on so that progression can be seen by club coaches and scorers and Instructors can ensure athletes have the correct technique which will help to prevent unnecessary injuries. It is not compulsory to have cameras on. Under 18 athletes must have an adult in a close vicinity throughout the exercises. Over 18 athletes are advised to have an adult in a close vicinity throughout the exercises

a. Scorers - Please rename yourself in this format:
AAA SCORER, CLUB, AGE GROUP, FIRST NAME, LAST NAME.

b. Coaches - Please rename yourself in this format:
COACH, CLUB, AGE GROUP, FIRST NAME, LAST NAME.

c. Athletes - Please rename yourself in this format:
CLUB, AGE GROUP, FIRST NAME, LAST NAME.

7. NON-COMPETING TEAMS:

Occasionally non competing teams will join a session. They will be scoring in the same way as the league teams but their results will not be recorded on the league tables

8. AGREEMENT

By entering the League clubs and athletes are agreeing to the above

Parents/ Guardians are agreeing to under 18 year old athletes by allowing them to participate

THIS IS A FUN BUT COMPETITIVE LEAGUE SO NO CHEATING!!!