

Folkestone Netball League



Summer League Pack 2026

Welcome!

Welcome to the FNL Summer League 2026! In this pack you will find everything you need to get started, including rules, this season's fixtures, scorecards and updates to rules and match format. Good Luck!

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Rule Changes

Team Kit

From our Summer 2026 we are following suit in allowing the teams to not just wear a netball dress, we are allowing teams to play in vest tops & t-shirts, as long as they are in the same team colours and appropriate to play in.

Folkestone Netball League Committee Contacts

Committee Position	Name	Team Name	Contact Number	Email Address
Chair	Ashlea Trinder	Woodpeckers	07710685134	ashlea.fry@outlook.com
Secretary/Vice Chair	Hannah Taplin	Tigers	07772128460	hannahpalmer64@gmail.com
Treasurer	Danielle Lynch	Folkestone Town Netball	07866498166	lynchdanielle099@gmail.com
Lead safeguarding & Date Protection Officer	Lucy Andrews	Ice	N/A	lucie.andrews@hotmail.co.uk
Affiliation & Floaters Secretary	Isabel Lucas	Ice	07792888366	isabelgclucas@gmail.com
Results & Fixtures Secretary	Natalie Delplanque	Tigers	07960601082	natalieeldridge1980@gmail.com
Events and Competitions Officer	Chloe Hook	RNC Folkestone	07359937055	chloehook06@gmail.com
Social Media Officer				
Umpire Secretary	Angie Bates	Lead Umpire	07766600629	ange_t2001@yahoo.co.uk



Folkestone Netball League Rules

PLEASE SEE BELOW RULES FOR FNL. IF WE DO NOT RECEIVE ANY COMMENTS FROM YOUR TEAM WITHIN 7 DAYS OF THE AGM, WE WILL PRESUME YOU UNDERSTAND THE RULES AND POINT DEDUCTIONS WILL BE MADE IF RULES ARE NOT ABIDED BY.

FOLKESTONE NETBALL LEAGUE GUIDELINES

1. MATCH RULES

- 1.1 All matches will be played in accordance with AENA rules.
- 1.2 All matches will be umpired in accordance with the INF 2024 Rules of Netball.
- 1.3 All matches will be played at Three Hills Sports Ground or Turner Academy.

2. REGISTRATION

- 2.1 The League will be run by a Committee.
- 2.2 Minimum age to play in the league is 14.
- 2.3 Registration forms will be completed with the League Entry forms and submitted by the deadline. New players can only be registered by completing the new players registration section of the scorecard and must be signed by the opposing Captain.

Penalty for playing an unregistered player is 1 LEAGUE POINT

- 2.4 It remains the responsibility of the team captain to ensure parents/carers have completed, signed and returned the Under 18 Players Registration Form for all U18 registered players.

Penalty for failure to submit signed U18 Player Registration Form before the player takes to the court is 1 LEAGUE POINT

- 2.5 There is a limit of 14 players aged 16 or over registered to each team for Winter 2025, however there is no limit to under 16 year olds per team to support the growth of young players.

Penalty for playing a player who is unapproved beyond the 14 permitted registrations is 1 LEAGUE POINT

- 2.6 If you remove a player from your registration list, you may not re-register them again in the same season.

- 2.7 Only two new players (floaters or new team members) can be played per match and must be either on the FNL Floaters List or registered as a new player on the scorecard prior to the match commencing.

Penalty for playing more than 2 floaters or new team members per game is 2 LEAGUE POINTS

- 2.8 A player may be registered for one team only.

- 2.9 A player may change team mid competition, after notification to both their present club and the Fixtures Secretary prior to playing for another team. A transfer form will need to be completed. They will however incur a two match ban before playing for the new team.



Penalty for failure to abide by rules on movement of a player within a club is 1 LEAGUE POINT for each team

2.10 Any team officially disbanding must notify the league in writing. All points and goals for and against teams disbanding during that competition shall be deleted from the records. All court fees must be paid by the team. Should an individual wish to rejoin the league in any capacity they must pay their share of the remaining fees.

2.11 All players must be AENA affiliated.

3. PRE-MATCH

3.1 All teams must have a completed scorecard ready to hand to umpires at the start of the game. Games will commence on time and with a minimum of five players. Players are required to be on court by 6.40pm for the early matches and ready to take to the court by 7:55 for the late game. Umpires have the power to concede a game if one team is on court and the opponents fail to take to the court at the correct time.

3.2 Umpires will allocate bibs to players for Versatility rules.

3.3.1 Full kit must be worn and in uniform team colours as approved by the committee. This may include dresses, t-shirts or vest tops, skirts, skorts, shorts or leggings. Cropped tops or bare midriffs are unacceptable. Adequate footwear should be worn and laces tied. Gloves may be worn as long as they are of a soft material, seam free (or internal seams), they must also not have any abrasive materials, including zippers, Velcro, metallic/plastic fasteners, or rubberized embellishments.

3.3.2 Should a team wish to change their colours they must check with the committee to avoid clashes in team colours.

3.3.3 Hair must be tied back securely. Headcoverings worn for religious, cultural or personal reasons are allowed.

3.4 No item of jewellery, except a medical alert bracelet, wedding ring, religious bracelet, medical monitor or diabetic disc shall be worn, if they are, they must be taped up. Piercings are not allowed even if taped up.

3.5 No adornment that may endanger player safety shall be worn, this will be at the discretion of the umpire.

3.6 Fingernails should be short and smooth. The offending player/s must stand off until they are adequately attired to the Umpire's satisfaction.

3.7 In the event of a clash of colours, as a courtesy the **Away** team should wear an alternative set of bibs.

3.8 All Teams must have a basic first aid kit and match ball. (AENA says that there must be a primary carer this should be marked on the scorecard)

3.9 All score cards must be completed prior to the team taking the court and any new player must be entered onto the score card and the card must be signed by the opposing captain before the player takes to the court.

4. AFTERMATCH



4.1 Scorecards must be fully completed and: a copy of the full A4 scorecard must be scanned/sent to the FNL Results group on Whatsapp.No later than 6pm on the Friday following the match.

Penalty for failure to send photo of the FULL A4 scorecard to FNL Results group on Whatsapp/Results Secretary by the Friday following the match is 1 LEAGUE POINT

4.2 Cancellations: Should a team cancel they must notify the Fixtures Secretary, Umpire Secretary, Results Secretary, their opponents, both umpires and scorers. Games will not be rearranged under any circumstance. The team who have not conceded the game will receive 5 points. The same rules apply if a team fail to arrive for a scheduled match

Penalty - Failure to comply with the above will result in 1 point being deducted from the offending team.

4.2.1 Games cannot be rescheduled by teams.

4.2.2 The game against whom the match was conceded can claim the court fees and umpires fees, this should be sent within 7 days of the conceded match. This should be done by email to the Captain of the opposing team, copying in the League Treasurer, Chairman & Vice Chairman. The conceding team has 7 days from the date of the email to make payment.

Penalty for failure to pay conceded match expenses is 2 LEAGUE POINTS if not paid within 7 days of the request. If it is still not paid within a month an additional 10 LEAGUE POINTS will be deducted.

4.3 Teams must offer their Umpire reasonable expenses, £10 for Trainee Umpires (who must be accompanied by a C Award or above umpire) and £15 for IO, IOm (IO with Mentor), C Award and above. Teams are liable for expenses if they cancel a match and do not inform the umpire. Umpire may also claim as per the rules within 4.2.2 and the same penalties shall apply.

4.4 Disputes: Any dispute concerning a particular match must be brought to the attention of both Umpires and Captains at the venue, and then referred in writing to the Chairperson within 7 days thereafter. Decisions will be notified in writing as soon as possible. No action will be taken if this procedure is not adhered to.

4.5 All accidents and incidents must be reported to the Chair of FNL, The Three Hills/Turner Academy (Dependant on where the fixture is held) and England Netball with the necessary accident forms completed and submitted in the event of a player making a personal injury claim.

5. UMPIRING & UMPIRES RESPONSIBILITIES

5.1.1 Every team must have a minimum of a C award qualified umpire by August 2027.

5.1.2 If the team is newly formed a grace period of 3 seasons is given to the team to allow time for an umpire to become qualified to a C award

Penalty – If by the end of the team’s first season the team does not have an active trainee or qualified umpire registered to their team, 10 points will be deducted.

5.2 Umpires should ensure that each match is played in the spirit of the game and to ensure that league/AENA/INF rules/regulations are adhered to.

5.3 Umpires have the authority to shorten games at their discretion.

5.4 An Umpire has the authority to cancel or abandon games at the venue. (The Fixtures Secretary must be notified by teams of reasons for cancellation/abandonment on the score card by the Friday after the game).



5.5.1 Umpires will check players' nails to ensure they are short and smooth and will check players for any inappropriate kit/adornment prior to the player taking to the court.

5.5.2 Umpires will ensure players are dressed in a safe manner in line with rule 3.3. Hats may be worn but they should be tight fitting and not have ties or adornments that can get caught up or injure the player or other players.

5.6 The Umpire's decision is final.

5.7 Teams umpires must attend all fixtures allocated or arrange suitable cover ensuring the Umpire Secretary has approved of the swap.

Penalty to comply with be 1 LEAGUE POINT deduction

5.8 Teams must provide a scorer on the nominated games

Penalty to comply with be 1 LEAGUE POINT deduction

5.9 Umpires have the right to warn players/coaches/managers and spectators in the event of any poor sportsmanship and/or misconduct whilst playing/watching matches. Failure to respond adequately to umpires warning may result in further warnings, cautions and possible sending offs.

5.9.1 Game management. Umpires to use proactive advice first, get players' attention, and address them directly. If infringement continues, a free pass can be upgraded to a penalty pass. The next step is to advance the penalty up to half a third, including into the goal circle. Next is a warning, letting the player know that if they continue then they will be suspended for a period of 2 minutes of PLAYING TIME. Position left vacant unless centre then a player needs to move to that position. Lastly and hopefully we won't need this, a player is ordered off and takes no further part in the game. The position is left vacant for 4 minutes of PLAYING TIME then another player can take up that position. PROACTIVE ADVISE, ADVANCE PENALTY, WARNING, SUSPENSION, ORDERING OFF.

5.10 Umpires must not umpire their own teams games unless agreed by the opposing team and should an umpire realise this at the start of a game, the Lead Secretary should be notified or a member of the committee to ensure umpires are moved around accordingly to avoid this.

5.11 Umpires should check the score card to ensure it is complete before each game and should check the score with the other umpire after each quarter. They should check the score at the end, choose a star player and sign the card. Star players should be selected from the team's registered players, floaters.

5.12 Players are responsible for calling injury time. Injured players have 30 seconds to leave court during which time, both teams can make player changes before play continues. It is the umpire's discretion to continue play without teams fully returning to court after 30 seconds. The player can return to the court after a break in play if the position is vacant. If the position is not vacant, the team will need to indicate the want to make a tactical substitution after a goal is scored and before the centre pass is taken.

6. CANCELLATIONS AND ABANDONMENT

6.1 The Committee has the authority to cancel and rearrange fixtures in exceptional circumstances.

6.2 Cancellations or abandonment of matches by Umpires will be re-arranged by the Fixtures Secretary. Teams will be given notice of any rearranged fixtures & all details will be available on the shared document.

6.3 Cancellations by teams: See Rule 4.2

6.4 In the event of inclement weather, teams must attend the venue, unless prior notification of cancellation is received from the Committee.

6.5 Should a team cancel more than 2 games against the same team, they will be asked to provide satisfactory evidence that every effort has been made to provide a team for the cancelled game, for



example, communications with floaters and team members. If this cannot be provided or isn't considered sufficient, there will be 3 point deduction due to the cost and time implications of this.

Penalty to provide sufficient evidence will be a 3 LEAGUE POINTs deduction

7. FLOATERS

7.1 Floaters can only play 3 times for the same team in any one season competition, if they are registered at the beginning of the season. If floaters register after the mid-way point of the season which is **Wednesday 13th May 2026**, they can only play once for the same team. Floaters must then register on the next occasion with that team, or remain a Floater, no longer playing for the aforementioned team during that competition.

7.2 Teams can add a floater to a team of 7 players to provide a spare player to a team in the event of a player returning to play from injury or a long absence.

7.3 Teams can only play 2 floaters during any one match. Refer to 2.7

7.4 Floaters must register themselves by contacting the Floaters Secretary providing all details. An affiliation number must be provided.

7.5 Any members of a disbanding team may play as a floater for the remaining of that competition providing that all fees due by the disbanding team have been paid (or that players part of)

7.6 Floaters details will be within the FNL Floaters Whatsapp group.

Penalty for not playing a floater registered to the league will be 1 LEAGUE POINT deduction

8. PREGNANCY

8.1 Players may take part in netball after the 12th week of their pregnancy if they feel comfortable doing so. Umpires may officiate games beyond 12 weeks, providing they are capable of moving & keeping up with play to the standard expected.

9. DISCIPLINE

9.1 The FNL has the power to discipline any person who is a registered participant within the League and is considered guilty of conduct prejudicial to the interests of Netball. Such matters will be dealt with by a Quorum of Committee members, one of whom shall be the Secretary. All evidence submitted must be supported in writing within 7 days of the event. There shall be a right to appeal to the Executive Committee within seven days of notification of the decision. The outcome of any procedure will be brought to the notice of the County Committee after the initial decision. In the event of an appeal, advice will be sought from the County Committee before the appeal is heard.

9.2 Umpires – The Committee may take whatever action is considered necessary, in the event of repeated complaints in writing on the performance of an umpire. The County Umpiring Secretary is to be made aware of circumstances prior to a decision being made.

10. GENERAL



10.1 Points system: 5 for a win, 3 for a draw, 2 for a score within 5 points and 1 point for gaining more than 50% of their opponent's score. In the event of two teams being equal on points, goal difference will be taken into consideration (ie. Goals scored less goals against).

10.2 All teams wishing to join FNL must have at least 2 team members or 2 representatives attending the AGM prior to the winter league commencing and the Summer Briefing before the Summer league. If representatives, they cannot be a member of another team within the league. Failure to do so will result in teams not being able to enter.

11. PAYMENT

11.1 Each team will be expected to pay their Court Fees on time as agreed with the Treasurer. The amounts and dates will be in the Captain's packs given out before the start of each season.

12. AFFILIATION

12.1 All teams must be registered with AENA and be part of Folkestone Netball League on Engage.

12.2 All players need to be Affiliated to AENA

12.3 Evidence of player affiliation must be provided at the time of entry or joining the team to the Affiliation Secretary.

Summer 2026 Fixtures

All fixtures are kept up to date on folkestonenetballleague.com, and [here](#) if there are any changes made throughout the season, a new set of fixtures will be sent out to all captains.

Looking for a scorecard? You can download one [here](#)!



FNL Accounts

Balance sheet: 01/09/2024 - 31/08/2025. This will be updated for the AGM at the end of the Summer season.

Balance B/Fwd				£5,082.78
Income			Expenditure	
Court/Entry Fees	£5,782.57		Court Fees & Room Hire	£5,757.50
Training Courses	£164.00		Cost of Umpiring/Training Courses	£535.40
Tournament Entry Fees	£450.00		Umpiring Fees	£100.00
Income from Sunday/Supershot Sessions	£286.00		Website	£176.26
			Trophies	
			Gifts	£35.00
			Tournament Costs	£100.00
			Equipment Purchase	£101.86
			Health & Safety	£485.28
End Balance				£4,474.05





Fees Commitment

Each team is required to pay court fees for the Summer season.

Total for division 1 games are £223.50. Total for division 2 games are £262.02.

This includes the weekly fees for court hire and lights, the tournament evening with umpires provided, presentation evening and trophies.

You are welcome to pay all in one payment at the beginning of the season or pay in 5 instalments as stated below:

Date Due Division 1 Division 2

31st March £44.70 £52.40

30th April £44.70 £52.40

31st May £44.70 £52.40

30th June £44.70 £52.40

31st July £44.70 £52.40

PAYMENT CAN ONLY BE ACCEPTED BY BANK TRANSFER

Bank Account Details are:

Sorting Code: 52-41-42

Account Number: 48188905

Please ensure you quote your **TEAM NAME** in the reference.

If you concede a game, the opposing team may request a payment for their part of the court fees for the conceded game. In this event, the amount to be claimed is £20.25. Full details on how to claim can be found within the league rules.



Venue Set up

- **Three Hills Sports Park, Cheriton Rd, Folkestone CT19 5JU**

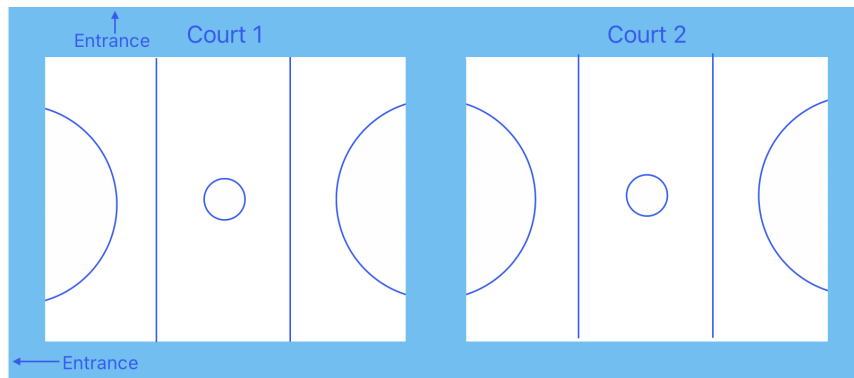
Parking available with a short walk to the courts.

Bar facilities available.

Bathrooms facilities available

Pets are allowed on a lead.

Two courts available.



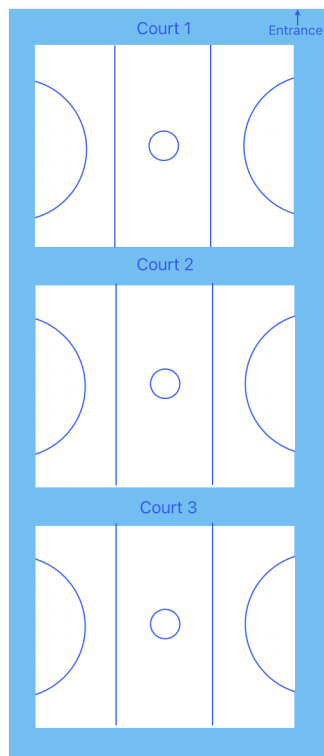
- **Turner Free School, Tile Kiln Ln, Folkestone CT19 4PB**

Parking available with a short walk to the courts.

Bathrooms facilities available

No pets are allowed at this venue.

Maximum 3 courts available.



During the league dates there will always be 2 courts available should you wish to hire these for training, a friendly or umpire practice please contact a member of the committee for booking details.

Floater List

All floaters details can be found on the WhatsApp group. If you have any questions or need any assistance please speak with the Floater Secretary.



Incident/Accident Report Form

Name of person in charge of session/competition	
Site where incident/accident took place	
Date of incident/accident	
Name of injured person	
Address of injured person	
Nature of incident/accident & extent of injury	
Please give details of how and precisely where the incident/accident took place	
Describe what activity was taking place, eg training game, getting changed etc	
Give full details of the action taken including any first aid treatment and the name(s) of the first aider(s)	
What happened to the injured person following the incident/accident? (eg. they went home, went to hospital, carried on with the session etc)	



Were any of the following contacted?

Police: Yes No

Ambulance: Yes No

Parent/carer: Yes No

Emergency contact: Yes No

All of the above facts are a true and accurate record of the incident/accident.

Signed	
Date	
Printed Name	
Team Name	



Transfer Form

A player wishing to transfer between teams may only do so at the discretion of the Committee. They must complete a 'Transfer of player' form. This completed form must be returned to the Committee for confirmation and an effective transfer date.

A team in the lower division may only transfer one player from a higher division in any one season.

No player may transfer after half way through the season or after the date the Committee has set without written application to the Committee for consideration..

Player wishing to transfer. I (name)
wish to transfer from Netball Team - Division
to Netball Team - Division

Signed Date

Captain of the releasing team. I consent to the transfer of the above named player.

Signed Date

Captain of the receiving team. I wish to take up registration of the above named player.

Signed Date

Chairmen/Vice Chairman to complete the below.

Your request has / has not been granted.

You may commence playing for your new team from

Signed Date



Safeguarding Policy

We consider the safety and wellbeing of young people as central to our values. As a league we accept our responsibility for providing guidance and support to all members to ensure that netball is enjoyable and safe. In our league, we do have players under the age of 18 so therefore are including this safeguarding policy into the pack.

This Policy is in line with England Netball's approach to fulfilling its commitment to creating and maintaining a safe and enjoyable environment for the young people who take part in the sport of netball. England Netball requires all members, connected participants and staff to abide by this Policy and all relating procedures and practice.

This policy applies to all players, coaches, volunteers, members, contacted participants and individuals involved in any role within Netball. This policy is expected to be followed by all; whether at an organised competition or as part of the training squad.

We believe that:

- Adults, Children and young people should never experience abuse of any kind. We have a responsibility to promote the welfare of all people, to keep them safe and to practice in a way that protects them.

We recognise that:

- The welfare of adults and children is paramount in all the work we do and in all the decisions we take.
- All adults and children, regardless of age, disability, gender reassignment, race, religion or belief, sex, or sexual orientation have an equal right to protection from all types of harm or abuse.

Some children are additionally vulnerable because of the impact of previous experiences, their level of dependency, communication needs or other issues.

Working in partnership with children, young people, their parents, carers and other agencies is essential in promoting young people's welfare. We will seek to keep children and young people safe by:

- Valuing, listening to and respecting them
- Appointing a nominated child protection lead for children and young people, a lead trustee/board member for safeguarding
- Adopting child protection and safeguarding best practice through our policies, procedures and code of conduct for staff and volunteers
- Providing effective management for staff and volunteers through supervision, support, training and quality assurance measures so that all staff and volunteers know about and follow our policies, procedures and behaviour codes confidently and competently
- Recruiting and selecting staff and volunteers safely, ensuring all necessary checks are made
- Recording, storing and using information professionally and securely, in line with data protection legislation and guidance
- Making sure that children, young people and their families know where to go for help if they have a concern
- Using our safeguarding and child protection procedures to share concerns and



relevant information with agencies who need to know, and involving children, young people, parents, families and carers appropriately

- Using our procedures to manage any allegations against staff and volunteers appropriately
- Creating and maintaining an anti-bullying environment
- Ensuring that we have effective complaints and whistleblowing measures in place
- Ensuring that we provide a safe physical environment for our adults, children, young people, staff and volunteers, by applying health and safety measures in accordance with the law and regulatory guidance
- Building a safeguarding culture where staff and volunteers, adults, children, young people and their families, treat each other with respect and are comfortable about sharing concerns.



Code of Conduct

Our Codes of Conduct require the highest standards of conduct from everyone involved in netball to ensure that their behaviour and actions meet the values and standards expected at all times.

Everyone must conduct themselves in an honest, fair, impartial and transparent manner.

We ask that you respect:

- The rules, regulations and requirements of the Sport, including, but not limited to, any Competitions in which you participate either directly or indirectly
- The rights, dignity and worth of all people in netball, regardless of any protected characteristic (age, disability, gender reassignment, marriage, civil partnership, pregnancy and maternity, religion or belief, sex and sexual orientation)
- The game of netball and the individual's reputation and not take any action or make inappropriate comments, including on social media, about a fellow participant, coach, official, volunteer or member of club staff that will bring the Sport or those associated with delivering the Sport into disrepute

Netball is based on Teamwork, therefore I will:

- Not abuse or misuse any relationship of trust held by me in my team, be that my playing team, Club, County, Regional or England Netball
- Be on time, dressed appropriately and ready to give my full attention to the coaches and volunteers
- Recognise that individuals bring different qualities and attributes but 'together we will excel'
- Welcome new members, players, coaches, volunteers and connected participation and cooperate with all players, coaches and volunteers

I recognise individuals participate in Netball to achieve and have fun, therefore I will:

- Recognise the achievements of others and applaud their successes
- Help fellow players achieve their potential through encouragement and recognising their successes
- Never use inappropriate or abusive language, bully, harass, discriminate or use physical violence
- Never engage in discriminatory or anti-social behaviour
- Not impinge on others enjoyment of the Sport or my performance by consuming alcoholic drinks
- Display modesty in victory and graciousness in defeat; be sporting - whether I win or lose; always acknowledge the other team and the umpires at the end of the game with a handshake and three cheers
- Never argue with an official or participant during a game and listen to and cooperate with officials' decisions
- Control my temper; I understand that verbal, emotional and physical abuse of officials, coaches, spectators or participants, or deliberately distracting or provoking a participant, coach or official is not acceptable or permitted behaviour in netball



- Enjoy the game and ensure that others can also enjoy it

I will endeavour to abide by this code of conduct and promote it to others.

