

Jubilee Cup 2013



Sunday 25th August 2013

Netball Participant Pack

Welcome

Thank you for entering the Jubilee Cup 2013 to be held on Sunday, 25th August 2013. We hope you'll enjoy this event and wish you the best of luck.

This pack contains essential information for the tournament; please take a moment to review the information prior to attending this event.

If you have any questions or queries, please contact the ISC team by emailing akysb.isc@iiuk.org.

1. Registration
2. Sports Rules
3. General Policy
4. Venue, Directions and Food
5. Warm up and Cool down Exercises

1. Registration

All participants **MUST REGISTER** as per the timings in the table below:

Sports Category	Registration Times	Participant Briefing Time
Ladies Netball	13:15 – 13:45 – Netball Courts	13:45 – Netball Courts

Before the start of the tournament

Before the start of the tournament, there will be a briefing session to highlight the main rules and also to re-iterate the code of conduct, zero tolerance policy and regulations.

Before each game

In the hope of keeping with the day's schedule, **all participants must register before the Participant Briefing on the day and collect a wrist band**. Participants will not be permitted to play without a wrist band.

All jewellery must be removed before the start of the game and long hair should be tied back. Fingernails must also be kept short. The umpires will check length of nails and jewellery before the tournament begins. **Gat Paat doros must be covered with tape**.

During the game

Please note that **the umpire's decision is final** during the game. If there is no umpire representation, any dispute will be settled by the Ismaili Sports Committee Policy Unit. In this case, the Ismaili Sports Committee Policy Unit decision is final.

At the end of each game

A match ticket system will be prepared for each game. **Both team captains will be required to sign the match ticket at the end of the game to confirm the winner**. Completed match tickets will be provided to the scorer to update the scoring system.

Please note that netball will take place on outdoor courts.

2. Sports Rules

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Netball Categories

Ladies	Participants must be born on or before 25 August 2006
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Rules & Regulations

- A team must arrive three minutes prior to the start of their game and report to the court coordinator. Failure to do so will result in automatically forfeiting the match. It is the captains' responsibility to report to the court coordinator, and only she must report to the court coordinator, but the entire team should be present.
- The team should consist of a minimum of 7 and a maximum of 10 players, with not more than 7 on court at any one time. A minimum of 5 players is required to begin a match.
- Late arrivals will only be allowed to enter the field of play with the umpires consent. Team captains toss a coin to determine who takes the first Centre Pass. Subsequent centre passes must be taken alternately.
- Matches will consist of 2 x 7 minute halves (2 minute interval). Teams should change ends for the second half.
- During the group stage, points will be awarded to teams as follows:
 - 3 points - win
 - 1 point - draw
 - 0 point – loss
- In the event that two or more teams in a group are tied on points at the end of the group stages, the tie breaker format below shall be followed:
 - Goal difference
 - Goals for
 - Head to head
 - Play off match
- Where a tie occurs in the knock out stage there will be a coin toss for centre pass. The team who wins the coin toss takes centre pass; the opposing team decides which direction to shoot in. The teams play for two minutes (sudden death). If the score is still level at the end of this period they will change ends and play for a further five minutes until a winner is determined.
- Any number of substitutions shall be permitted and may only be substituted at half time when the game has stopped. The umpire must be notified of any substitutions. In the event of injury or illness substitutions may be made when the ball is out of court or play has been stopped, at the umpire's discretion.
- At the start of play the GS, GA, GD, GK, WA and WD may be anywhere in the goal third which is part of their playing area.
- Play is started by a pass from the Centre, who stands with both feet in the centre circle. As soon as the Centre steps into the centre circle, the Umpire will blow the whistle to commence play. The opposing Centre shall be in the centre third and free to move.
- When the umpire blows the whistle, the Centre must pass the ball within 3 seconds and obey the Footwork rule. The ball must be caught or touched in the centre third.
- A player may not:
 - Deliberately kick the ball

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- Bounce the ball more than once
 - Hand or roll the ball to another player
 - Place her hands on a ball held by an opponent
 - Throw the ball while sitting or lying on the ground
 - Use the goalposts as a support in receiving a ball going out of court or to gain balance
 - Throw the ball over a complete third without it being touched or caught by another player in that third
 - Regain possession of the ball, having dropped or thrown it, before another player has touched it
- Penalty for infringement: FREE PASS.
- Everyone must observe the 1m (3 feet) Distance rule.
 - A player may receive the ball with one foot grounded or may jump to catch and land on one foot. While that landing foot remains on the ground the other foot may be moved in any direction and any number of times, pivoting on the landing foot if desired. Hopping is not allowed.
 - A player may receive the ball whilst both feet are grounded, or may jump to catch and land on both feet simultaneously. The player may then choose to move either foot. The remaining foot shall then be considered to be the landing foot. Proceed as above. Penalty for infringement: FREE PASS.
 - A goal is scored when the ball passes completely through the ring from top to bottom.
 - A goal may only be scored by the Goal Shooter or the Goal Attack, playing the ball from any part of the shooting circle.
 - Netball is a non-contact game. No player shall knock or push an opponent or interfere with her play, either accidentally or deliberately. Penalty for infringement: PENALTY PASS OR SHOT.
 - Physical contact during a match constitutes a foul. Any player who has committed four fouls will be sent to the sin-bin for 2 minutes.
 - A ball is out of court when it, or a player touching it, touches the ground or an object outside the court. The line counts as part of the court. A throw-in is awarded to the opposing team. If the ball hits the post and bounces back into court, it is still in play.
 - The throw-in is taken at the point where the ball crossed the line. Any player allowed in that part of the court may take the throw-in and must stand outside the court with both feet **behind the line**. The player taking the throw-in must ensure neither foot is in anyway touching the line.
 - When the player taking the throw-in has checked that all other players are on court, she must release the ball within 3 seconds. The player taking the throw-in does not need to wait for a whistle or the umpire to call 'PLAY'.
 - A free pass is awarded for any infringement of the rules except obstruction and contact. A player may not shoot directly from a free pass.
 - A penalty pass or shot is awarded to a team against any player causing obstruction or contact. A player may shoot if the penalty is awarded inside the circle. The offending player must stand still beside the player taking the pass.
 - A free pass, or a penalty pass or shot, is taken from the point where the infringement occurred and may be taken by any member of the team allowed in that part of the court. A player with or without the ball is offside if she enters an area of the court in which she is not allowed. Penalty for infringement: FREE PASS.
 - A player may reach over and take the ball from an offside area or may lean on the ball in an offside area provided that no contact is made with the ground on the offside area.

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- The umpire takes a toss-up when 2 opposing players simultaneously:
 - gain possession of the ball
 - knock the ball out of court
 - are offside with the ball
 - contact each other
 - when the umpire is unsure about which player is responsible for an infringement or who had possession of the ball when the game was stopped for injury.
- For the toss-up, the two players stand facing each other and the goal into which their team is shooting. They stand with their arms at their sides and their feet in any position, with 1m between one player's front foot and that of their opponent. The umpire flicks the ball not more than 60cm (2 ft) into the air from a point midway between the players and just below shoulder level of the shorter player's normal standing position. The whistle is blown as the umpire releases the ball. The ball is now in play.
- In extreme circumstances and only in the event a player is seriously injured/ill, the umpire may stop play. The decision to stop play and when to stop play shall be at the discretion of the umpire. To stop play, the umpire will blow the whistle and signal to the timekeeper to hold time. To re-start play, the umpire will signal to the timekeeper and blow the whistle.
- In the event of dangerous play, severe fouling or other misconduct, the referee may, in addition to awarding the penalty, warn a player, send them to the sin-bin for a standard time of 2 minutes or for a specific time pertaining to the discretion of the referee; or send the player off. Players sin-binned will be recalled to the field of play only with the consent of the referee.
- Swearing will result in the player being sin-binned. Persistent swearing will result in a player being sent off. Any swearing at the umpire will lead to an immediate sending off.
- Any player sent to the sin-bin twice in a match or three times in a tournament will be deemed to have been sent off.
- Any player sent off in a match will miss the next two consecutive games played by her team, in the competition. It is the captain's responsibility to ensure that she does not field a player that is ineligible to play. Failure to do so will result in the team's expulsion from the tournament.
- In the event of adverse weather on the day, play will continue unless deemed unsafe by the Umpires.
- If a team voluntarily chooses to forfeit any one game, they will then forfeit the rest of the entire tournament and may not continue to play. Entry to any future tournaments may also be impacted.

Requirements

- The wearing of earrings, chains, bracelets and watches is not permitted. Long hair must be tied back. Rings and piercings must be removed or taped. **Gat Paat doros must be taped.**
- Nails must be cut short and will be checked by umpires prior to the start of games.
- The correct footwear and attire should be worn on the court.

3. General Policy

In addition to the sports rules above, the following policies will be applicable for all sports participants and attendees as detailed.

Definitions

'Drugs' refers to any of the following:

- Inhalants;
- Any Class of illegal drugs;
- Substances designed to look like illegal drugs;
- Substances reported to be illegal drugs;
- Drug paraphernalia (any item used to manufacture, conceal, process, ingest, inject, inhale, or introduce illegal drugs into the body) provided that the substance has not been prescribed by a medic for that user;
- Any non-medicinal drugs.

N.B: The use, possession and/or distribution of illegal drugs are a criminal offence. If charged and convicted a person is liable to serve a term of imprisonment.

'Offensive Weapons' refers to:

- Any article made or adapted for causing injury, or intended to cause injury
- Any object carried for the intention of causing harm or injury to another.
- An offensive weapon can include many objects for example, baseball bats, any bladed or sharply pointed object, such as a screwdriver, broken bottles, knives, pen-knives and guns etc.

'Organisers' refers to the team responsible for the delivery of the event, which includes the Chairperson of the AKYSB, Board Member Responsible for the Ismaili Sports Committee, the Ismaili Sports Committee and the Project Lead.

Zero Tolerance

There will be a zero tolerance policy on the following issues:

- Violent, aggressive or disorderly behaviour by any participant, whether physical or verbal, directed to his/her opponent(s), the referees/officials or organisers/spectators will result in automatic disqualification for the player and potentially their team from the competition.
- In certain circumstances, violent or disorderly behaviour may result in expulsion from future AKYSB events. This decision is at the discretion of the Organisers.
- Spectators or other attendees inciting or participating in violent or disorderly behaviour will be required to leave the area/venue immediately and may result in expulsion from future AKYSB events.

The ISC operates a zero tolerance policy towards the use, possession, and/or distribution or handling of offensive weapons, illegal drugs and/or alcohol.

- Participants/attendees at the tournament are not allowed to use, possess, distribute or otherwise handle or deal in any illegal drugs at the venue or enter the venue under the influence of any illegal drugs/substances. In the event that this rule is violated, the person(s) involved will be dealt with severely, including alerting the appropriate authorities and removal from the venue. The Organisers may also take legal action
- Participants/attendees at the tournament are not allowed to use, possess or distribute any offensive weapons or alcohol at the venue or enter the venue under the influence of alcohol. In the event that this rule is violated, the person(s) involved will be required to leave the venue. The Organisers may also take further action.
- Smoking is prohibited at all AKYSB events.

Personal Belongings

The Organisers do not take any responsibility and hold no liability for the loss or damage of participants/spectators' personal belongings.

Referees / Umpires

Any and all decisions of the appointed referee are final. Under no circumstances should the decision of the appointed referee be disputed by a participant or team. Should this happen, the referees may deal with it in any manner they decide is appropriate (including but not limited to dismissal).

Time Management

This policy will dictate the smooth running and timely completion of the day's sporting activities.

All participants must maintain close proximity to the field. If either an individual or team arrives more than three minutes late for their fixture, the game will be declared a walkover, with the points for a win being awarded to the opposition.

In the event of the games running ahead or behind schedule, it is the participants' responsibility to be aware of any changes to the schedule. Changes can be found at the ISC desk at the venue.

Eligibility of Participation

This is at the discretion of the ISC, who will check that players are eligible in terms of age and are an Ismaili or the spouse or child of an Ismaili. If, for some reason, a player has bypassed the database check and is later found not eligible to play, he/she will be disqualified from the tournament and their team may also be disqualified. The decision of the Organisers shall be final.

All participants must submit their correct personal details. Participants must not use any alias. Use of an alias may also lead to a participant's immediate disqualification from the tournament.

Participants must not use any false name. Use of a false name will lead to participant's immediate disqualification from the tournament. In both circumstances and if applicable, the Organisers also reserve the right to disqualify the rest of the team from the sport in question.

Contingency Plans

If the tournament is cancelled before the day of the tournament due to adverse weather conditions, participants will be informed of an alternative date for the tournament, or receive a partial refund dependant on the venue's terms and conditions. If the tournament is cancelled due to adverse weather conditions on the day of the tournament, we regret that there will be no rearranged day or refund.

In the event of a delay, participants will play under contingency plans (which may include but not be limited to changes in format and changes in duration for individual games), to allow for the timely completion of that sports category. This is essential for the participants to accommodate and changes that the Organisers deem necessary.

Sports Entries

Injured players can request to be replaced with unregistered players in accordance with timeframes and criteria communicated prior to the tournament. Team members can only be changed by the team captain. All injury replacements are at the discretion of the ISC and Organisers whose decision is final.

Once a player has declared themselves unfit or has been removed from a team, they cannot re-enter to play for that team or any other team.

Privacy Policy Data Protection Notice

This notice explains how we will process your personal information.

When you provide information to the AKYSB, the data controller is the Ismaili Council for the UK, who will use the information you give us as follows:

- To market events and programmes
- To profile our participants
- Administration purposes

We will hold your personal contact information for as long as necessary for these purposes.

We may distribute details and / or images / videos of participants for the purpose of use for community-based publications or promotion of future events.

You may exercise your right to opt out of the use of your information for marketing purposes at any time by contacting us at akysb.isc@iiuk.org or following the unsubscribe procedures set out in our emails.

By returning or submitting a form with your personal information to us, you consent to our processing your personal data. You have a right to ask for a copy of your information and to correct any inaccuracies.

4. Venue and Directions

The Venue

Hertfordshire Sports Village is located next to the University of Hertfordshire in Hatfield.

The full address is:

Hertfordshire Sports Village
de Havilland Campus
Hatfield Business Park
Hatfield
Herts
United Kingdom
AL10 9EU

The postcode to the entrance of the car park is AL10 9NE.

For more travel information please visit the AKYSB website: <http://akysb.iuk.org/isc/jubilee-cup-2013/>

Parking

There are ample parking spaces available at the site available on a first-come-first-serve basis. Please arrive early to avoid disappointment. Please do not park in any area other than the designated car park.

Food and Refreshments

Although refreshments are not included, they can be bought from the café onsite, which offers a wide selection of hot/cold snacks and beverages, including:

- Sandwiches
- Panini's
- Fruit pots
- Cake & Pastries
- Smoothies
- Soft drinks
- Starbucks

5. Warm up and Cool down Exercises

Introduction

Most sporting injuries are caused by a lack of warming up/ down before the start / end of a competitive event. In this section below we provide a brief outline of the importance of stretching and a number of exercises.

Why Warm Up?

The purpose of a warm up exercise is that it raises the heart rate and prepares the body and mind for a more strenuous activity. Aim to raise the heart rate to approximately 120 beats per minute.

How?

Jogging for 2-3 mins will avoid injury and enable you to play at your peak. In addition some stretching exercises will also help increase freedom of movement, agility, reduce muscle tension and reduce the risk of muscle and tendon injuries.

Stretching Exercises

Head

You can loosen your neck by bringing your chin to your left shoulder, rotating your head to look up to the sky, then bring your chin to your right shoulder, and then look to the floor. The aim is to rotate the head in a gentle circular motion.

Back

To stretch your back, put your hands together, keep your legs apart, bend at your waist and stretch your hands out in front of you. Don't touch the ground

Next bring your arms behind your back, keeping them together, and stretch backwards.

Triceps

Bend your right arm behind your back, over the right shoulder. Bring your left hand to your right shoulder. You should feel your right arm stretch. Repeat the exercise for your left arm.

Sides

Place your arms straight above your head and bring your hands together. In a large arc, move your hands down to your left foot and then over your head to your right foot.

Waist

Stand up straight with your legs apart and muscles relaxed. Put your hands on your hips and swing clockwise with your hips in a circular motion. Repeat going anticlockwise.

Stomach

Lie down with your hands by your shoulders in a press up position. Instead of doing a press up lift your waist off the ground using your stomach muscles, repeat this several times.

Quadriceps

To stretch this muscle, stand on one foot, grab the other foot with your hand and bend your leg back until your foot touches your bottom and hold this position for approximately 30 seconds. Repeat this exercise for the other leg.

Groin

Stand with your feet apart and bend one knee whilst facing forwards to stretch the opposite groin. Keep your back straight and adjust your weight until you feel your groin stretch.

Hamstring

Sit down on the ground with both legs stretched out together in front of you. Bend over and try to touch your toes. Then with your legs apart, touch the toes of each leg in turn.

Calves

Keeping your right foot firmly on the ground and your right leg straight take a stride forward with your left leg and bend your left knee. You should feel your right calf stretch. Repeat for the left calf.

Ankles

Loosen your ankles by lifting the right leg and rotating your foot clockwise and then anticlockwise for several seconds. Repeat the exercise with your left leg.

After the Game: Cooling down

Cooling down after the game is also very important as it helps to remove muscle waste that has built up – lactic acid and reduces soreness and stiffness. It also enables you to compete at the same level within a short period of time and reduces the chances of dizziness or fainting caused by pooling of venous blood at the extremities.

How?

2-3 minutes light jogging or a brisk walk immediately after the game. In addition, 5-10 minutes of stretching – focus on the major muscle groups you have used during your sport.