

LEICESTER NETBALL LEAGUE

CUP AND PLATE RULES

1. All players of LNL affiliated clubs **must** be affiliated to England Netball (EN) through that club.
2. All cup and plate matches will be played at Soar Valley College, Gleneagles Way, Leicester, between 7.00 pm and 9.25 pm. On a Tuesday OR Thursday evening.
3. **A draw will be take place at the beginning of the winter season to determine the 1st round of the cup and plate competition. This draw will be executed by the committee at a committee meeting with teams being able to attend if they wish to. Matches will be 1-hour duration.** Punctuality is important but **one minute, will be** allowed for lateness if a good reason is given. Matches will consist of 4 quarters of 15 minutes each quarter. There will be a 3 minutes break between quarters. **Semifinal and Final matches will** be held on the same night, the duration of **these matches will be 40 minutes**, 20 minutes each way with a 5 minute break at half time.
4. To be eligible to play in the cup and plate competition , players **MUST** have played **all** or part of **at least two games** in the LN winter league.
5. Where a club has more than one team in the League, all players will be team tied to the teams they play for in the winter League but only after the 2nd round of the competition. i.e. if you play for your 1st team you **MUST** play for that team in the cup or plate competition in round 3 and onwards, no movement between teams will be allowed unless there are extenuating circumstances which will be considered by the Committee, upon receipt of written application from the team. The committees decision will be final. In any case, **NO** player should play down a team only up. I.e. no 1st team player can play for team 2 in any round, but a 2nd team player can play for the 1st team in the 1st two rounds if so required, after that time if they are still needed in the 1st team then they must submit in writing to the committee the reason for this. This should be done at the earliest opportunity.
6. Checks will be made and penalties incurred for the infringement of **Rule 5. This will be disqualification from the competition**
7. If a team withdraws from the League before the end of the League, their position in the cup and plate will be forfeited.
8. Should a cup or plate game be a draw there will be 5 minutes extra time played **ONE WAY** should the game still be a draw golden goal scenario will be played.
9. A team sheet **must** be handed in to the duty team each evening by a team member. The brown team envelope **MUST BE SIGNED** by both captains.
10. Clubs/Teams are reminded that due to the short nature of the cup and plate, match postponements **WILL NOT BE ALLOWED.** Therefore **teams finding they are unable to honour a fixture will have to CANCEL the game informing the League Secretary, the Umpire's Club Secretary, and also** their opponents who will be awarded the points. Teams cancelling matches are liable to pay all the court costs for that match (**£26**).
11. All other rules are cover by the LN winter league rules.
12. If any dispute shall arise on the interpretation of these rules or the need arises to deal with any matter not provided for in these rules, reference shall be made to the Chairperson who shall refer the same to the League Committee whose decision shall be binding on all parties