



## 75 HOUR NETBALL MARATHON

### Player Guidelines

Before taking part in the marathon you must have **signed the waiver** and confirmed that you have **read the T&Cs** for marathon participation on the website - [Netballmarathon.co.uk](http://Netballmarathon.co.uk)

#### ARRIVAL

- Players should arrive at least **15 minutes** prior to their allotted slot.
- Players should check in with the Official on the door to sign in.
- The Official will inform you of where each areas are including:
  - Changing rooms
  - Toilets /showers
  - Participants lounge
  - Participants sleep area
  - First Aid + Physio
  - Refreshments room
- Players should change in the changing rooms and leave their bags and outdoor clothing in the changing rooms.
- Appropriate sportswear should be worn, including suitable footwear.
- Only water bottles, court side snacks and valuables to be taken into the court area due to limited space.
- **10 minutes** prior to taking the court players should be appropriately dressed and ready for their briefing.
- **5 minutes** before their allotted slot players will receive a briefing. They will be informed of who is their on court captain, the first aider on duty, the shift manager and the umpire(s) for their allocated time slot.

## **TAKING THE COURT**

- The team captains will distribute starting line up bibs before entering the sports hall.
- Overhead bibs will be provided by the organisers, however, teams are welcome to bring their own if they prefer.
- Players will be directed through one end of the sports hall doors to an allocated participants area for that time slot.
- Players will be allocated a basket to put their drinks, snacks and valuables in.

## **MATCH PLAY**

- The shift manager will inform teams of the first centre pass.
- A minimum of 5 players must take the court and play will start on the o'clock for each hour slot and a session will last for three hours.
- Play is continuous (no quarter time, no half time, no full time).
- After 55 minutes of play, a 5 minute comfort break will be allowed.
- Play will restart on the o'clock and a minimum of 5 players per team (one must be wearing the centre bib) must be on court.
- The on court team captain will rotate players on and off court throughout the duration of each 55 minutes of play.
- Rotations can take place after a goal has been scored.
- When off court you can sit on the team bench or leave the court to use the facilities. You must not leave the building during your allocated slot.
- Where possible, players will be able to play in the court positions they are most comfortable with, however, there may be times when this is not possible. All players should be prepared to fill in at any court position to ensure the play continues and breaks are spread fairly when required.
- There will be no holding of time.
- In the event of an injury, the injured player should leave the court area as quickly as possible, allowing play to continue.
- In the unfortunate event of a serious injury, the umpires should call the duty first aider and shift manager, who will take charge of the situation and follow the agreed procedure.
- Play will restart as quickly as possible in order that the 75 hour marathon can continue.

## **LEAVING THE COURT**

- On the final whistle players should shake hands with the opposition and do three cheers
- Players need to leave the court straight away through the door they entered in.
- Team captains should collect the baskets of belongings and take them into the hallway through the door they entered in (To ease congestion with the new participants arrival)
- Team captains should collect the bibs and return to one of the officials
- Once out of the court area players are free to then gather their belongings, get some refreshments and rejoin to watch the next session once this has started.
- There will be designated spectator benches around the hall to watch this from.

## **RULES**

- Players must adhere to England Netball rules
- Players must not wear any jewellery (A taped wedding ring is permitted)
- Players must have short, smooth nails
- The umpires' decision is final and should be respected at all times
- The standard of play will vary from session to session and within team groupings. So please remember that all players are expected to be respectful of others and encourage throughout.

And finally please remember that this is a charity fundraising event, and that the aim is to have lots of fun, challenge yourselves and to raise lots of money!