



Swiss Netball League
Rules and Regulations
2025 – 2026

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SWISS NETBALL NATIONAL LEAGUES

RULES AND REGULATIONS

1. INTRODUCTION

Swiss Netball currently offers the Swiss Netball National League (consisting of three (3) divisions) and the U15 Junior National League hereafter collectively referred to as “the Leagues”. The Swiss Netball Committee reserves the right to modify the Leagues’ names as required, at any time, for marketing purposes and / or to reflect the name of a sponsor.

2. ORGANISATION AND ADMINISTRATION

2.1. Leagues’ Dates

For the purposes of these rules and regulations and unless otherwise determined by the Swiss Netball Committee, the Leagues shall run annually from 1st September to 30th June of the following year.

2.2. The Leagues and all rights and properties associated with them shall be owned, controlled and managed by Swiss Netball or through its nominee(s), which may delegate powers and authority in this respect to any sub-committee or individual(s), hereafter known as “the Organising Committee”.

2.3. The decisions of Swiss Netball, or its nominee(s), in respect of these rules and regulations and on any other matter related to the Leagues, which is not provided for below, shall be considered final and binding on all parties.

2.4. It is the responsibility of all Netball Club team managers, coaches, captains and officials to ensure that they, and all participants under their responsibility participating in the Leagues, are conversant with these rules and regulations and by entering a team, the Netball Club agree to be bound by them.

2.5. The Swiss Netball National League Divisions

The Swiss Netball Committee provide for the seasonal promotion, relegation or the movement of Clubs. Movement of a Club from participation in one division to another is not permitted other than by promotion and relegation or otherwise as set out in these Rules and Regulations save with the approval of the Swiss Netball Committee.

The current structure of the league consists of three (3) divisions:

- i) **Matterhorn:** this is the highest division in the league. Teams featuring three (3) or more representatives of the Swiss Netball Open National Squad or four (4) or more representatives of the Swiss Netball U17 National Squad (both ETP and Performance) from the previous season must play in the Matterhorn division.
- ii) **Monte Rosa:** this is the second division in the league.
- iii) **Mönch:** this is the entry level division in the league.

2.5.1. If a new team enters the League, they will automatically be assigned to the Mönch division, unless they feature a threshold number of representatives of the Swiss Netball National Squad from the previous season.

2.5.2. This league format and number of teams in each division may be modified or renewed subject to annual review by the Swiss Netball Committee. Swiss Netball will communicate the match schedule ahead of the start of the Leagues.

Subject to the findings of the annual review and the performance of teams at the end of each season's League, the Swiss Netball Committee retains the right to place teams in divisions for the following season's League. However, the League will follow the principle of Promotion and Relegation in-between the three (3) divisions.

- i. At the end of each season, the two (2) teams ranking at the bottom of the table of the Matterhorn division will be moved to the Monte Rosa division for the following season and the team ranking at the top of the Monte Rosa division will be promoted to the Matterhorn division for the following season.
- ii. At the end of each season, the team ranking at the bottom of the table of the Monte Rosa division will be moved to the Mönch division for the following season and the team ranking at the top of the Mönch division will be promoted to the Monte Rosa division for the following season.

2.6. Participating teams will be assigned to support with the set up and close down of the venues for League matches. The required dates will be assigned with the League draw at the start of the season. Any team that cannot complete the assigned support will forfeit their match.

2.7. The Swiss Netball U15 National Junior League Divisions

The Swiss Netball U15 National Junior League is played without divisions until such time as there are eight (8) or more participating teams.

3. QUALIFICATIONS AND ENTRY

3.1. Entry to the Leagues shall be accepted by any Netball Club which is a Member of Swiss Netball, and which is up to date in the payment of its annual membership fees. Membership fees are due by 31st January each year (Article 16 of the Swiss Netball Statutes). Any Netball Club owing money to Swiss Netball is ineligible to participate in the Leagues until all monies owed have been paid in full.

3.2. Entry to the Leagues will be determined by the Swiss Netball Committee or the delegated Organising Committee, at its absolute discretion, subject to its reasonable application of the rules and regulations laid out herein and having due regard to the playing standard of teams which wish to participate.

3.3. Age and Gender Requirements

3.3.1. The Swiss Netball National League

3.3.1.1. All players must be female and over the age of eighteen (18) years as at 23:59 on 31st December immediately prior to the start of the Swiss Netball National League playing season. All players are required to provide photographic identification as proof of age at each match upon request.

3.3.1.2. For any player under the age of eighteen (18) years, the player's Head Coach and Parent/Guardian must complete and return the *Swiss Netball Age Banding Waiver Form* before the player is eligible to compete in the Swiss Netball National League. By completing this form, the Head Coach and Parent/Guardian are determining that this player demonstrates the physical, emotional, social and technical ability as well as maturity to compete in an adult Competition.

3.3.2. The Swiss Netball U15 Junior National League

3.3.2.1. All players must be female and under the age of fifteen (15) years and over the age of twelve (12) years as at 23:59 on 31st December immediately prior to the start of the Swiss Netball U15 Junior National League playing season. All players are required to provide photographic identification as proof of age at each match upon request.

3.3.2.2. It is the responsibility of the player's Head Coach to determine that the player demonstrates the physical, emotional, social and technical ability as well as maturity to compete in an U15 Competition.

3.4. Individual Membership Licence

3.4.1. Each registered player on the team sheet must hold an Individual Member Licence of Swiss Netball and must have paid the prescribed membership fee at least 48 hours prior to playing.

3.4.2. Any player joining the Leagues part way through the season must have paid the prescribed Swiss Netball Individual Membership Licence fee 48 hours prior to the commencement of their first League match.

3.4.3. Any individual owing money to Swiss Netball is ineligible to participate in the Leagues until all monies owed have been paid in full.

3.4.4. It shall be the responsibility of the participating Netball Club to ensure that each player on its registration team sheet holds a Swiss Netball Individual Membership Licence and as such, is registered as a member of the relevant Netball Club. If any player who participates in the event is not a member of Swiss Netball, the Netball Club will be fined a penalty fee of CHF 100.- payable within seven (7) days of the match. In addition, proof of Individual Membership Licence must be submitted to Swiss Netball within seven (7) days. Failure to pay the Individual Membership Licence fee and the penalty fee within seven (7) days will result in the match being forfeited. Failure to pay the penalty fee within seven (7) days may also result in disqualification from the Leagues.

3.5. Entry Fees

Swiss Netball is entitled to charge an entry fee to the Leagues. Leagues' entry fees for all teams entered by a Netball Club must be paid to Swiss Netball no later than seventy-two (72) hours before that Club's first match of the season.

3.6. By entering a team in the Leagues, Netball Clubs agree they will abide by these rules and regulations and that they are able and willing to fulfil the costs and commitments of participation in the Leagues.

3.7. Squad Registration

3.7.1. All participating Netball Clubs are required to submit a list of the names of players affiliated to their Netball Club for each team wishing to play in the Leagues at the time of team registration. There is no limit to the number of players a Club can register on this squad list.

3.7.2. Only registered players on the squad team list may play in the Leagues. Proof of affiliation can be requested at any time and all players are expected to be affiliated to their stated Netball Club as a Swiss Netball Individual Member Licence holder.

3.7.3. Additional players can be added to the squad team list during the year by registering a player at least fourteen (14) days in advance of the next scheduled match. Any new player will be

required to be a Swiss Netball Individual Member Licence holder (Regulation 3.4) and affiliated to their stated Netball Club (Regulation 3.4.4).

- 3.7.4. Netball Clubs may enter multiple teams in the Leagues. Players are only allowed to play for their registered team during the year in the respective League. There will be no allowance for a player(s) from one squad team registration list to play for another team in the same League. If a team is unable to field and start the match with five (5) players, the match will be forfeited by that team.
- 3.7.5. Players in a higher division cannot play in a lower division match. However, players in a lower division can be borrowed for a team of the same Netball Club in the higher division. If the player is borrowed more than once, they must move to the team in the higher division.
- 3.7.6. If a team is reduced to seven (7) players or less through illness or injury supported by a medical certificate or under extreme circumstances (this will need to be demonstrated) a team may use one or more (as needed) of their registered Club squad players. Confirmation in writing (email is the preferred method) is to be sent to operations@swissnetball.ch and admin@swissnetball.ch together with supporting documentation.
- 3.7.7. The Swiss Netball Committee reserves the right to restrict the number of entries in future years should it be deemed that the number of Leagues' entries exceeds capacity.
- 3.7.8. Netball Clubs may only register up to twelve (12) players per team for each match entered and only players affiliated to a Netball Club can play for that team. The names of the twelve (12) players must appear on the relevant team registration sheet for each match which must be submitted fourteen (14) days in advance of the Leagues' match dates. Additional registrations or alterations to the team registration and scorecard will not be accepted once the match has commenced.

3.8. Transfer of Players

- 3.8.1. Transfer of players will only be permitted if the player in question relocates to another canton. The player must send a request and justification in writing via email to admin@swissnetball.ch.
- 3.8.2. The two (2) clubs involved in the transfer of player must confirm any transfer in writing via email to admin@swissnetball.ch.
- 3.8.3. The player must be added to the relevant squad team list at least fourteen (14) days in advance of the next scheduled match as per Regulation 3.7.3.

3.9. Swiss Netball will be responsible to provide a first aider for all League matches.

3.10. Netball Clubs will be held responsible for the Overall Conduct (behaviour, demeanour and actions) of all members associated with the Club, including players, associated officials, volunteers and spectators. Netball Clubs are responsible for ensuring that all of their players, associated officials, volunteers and spectators have all been made aware of and adhere to the Swiss Netball Code of Conduct.

4. FIXTURE ARRANGEMENTS

4.1. Swiss Netball will provide the Leagues' match dates as published on the Swiss Netball calendar. Swiss Netball are responsible for arranging match venues and any costs associated for court hire. Each round of the Leagues will be played on the same day at the same venue.

- 4.2. Matches will be played wherever possible on a court with appropriate surrounds and surface and with ancillary facilities for participants, including changing and showering facilities for teams and officials, unless otherwise agreed in consultation with the Organising Committee and implicated teams.
- 4.3. It is the responsibility of Swiss Netball to conduct a risk assessment for each venue in advance.
- 4.4. Teams are responsible for arranging their own travel to matches, at their own expense, and should allow sufficient travelling time to cover any unexpected delays.

5. MATCH REGULATIONS

- 5.1. All matches shall be played to the [World Netball Rules of the Game](#) currently in force at the time, except where specific Leagues rules and regulations may apply.
- 5.2. No team may start a game with less than five players. If a team cannot field at least five players, it will forfeit the match (Regulation 3.7.4).
- 5.3. There will be no allowance for re-scheduling of matches. If a team is unable to take the court at the scheduled time for any reason, the match will be deemed to have been forfeited by that team.

5.4. Match Length

- 5.4.1. Matches will consist of four quarters, each quarter of fifteen minutes, and there will be an interval of four minutes between the first-second and third-fourth quarters, and a half-time interval of eight minutes.
- 5.4.2. Each court keeps their own time. The time keeper will signal the commencement of timing as well as the end of each quarter to the umpires. The umpire's whistle starts and stops the match.

5.5. Match Incidents

- 5.5.1. In extreme circumstances and in consultation with the Swiss Netball Committee representative, the umpire may decide to abandon a match, for example, following a serious injury, if the safety of players and / or officials is considered to be at risk. In this instance, Swiss Netball would allow this match to be re-played at a later date. Swiss Netball accepts most netball injuries i.e., knee, ankle, etc., fall outside this exemption regulation.
- 5.5.2. An Accident / Incident Report must be duly completed by the team concerned for any injury or accident, on or off the court, using the Accident / Incident Report Form available from the First Aider. The completed report shall be provided to the Swiss Netball Committee Representatives within three (3) days of the match. This procedure will be followed for all injuries and accidents, regardless of whether or not medical treatment is given.

5.6. Balls and Bibs

- 5.6.1. Swiss Netball will provide at least two (2) size five (5) netballs for the match.
- 5.6.2. All players must wear positional bibs and teams must have a spare set in a different colour in case of a clash of colours.
- 5.6.3. In the event of a clash of colours, a toss of coin between the captains will decide which team retains their original colours.

- 5.7.** Players are reminded that they may not wear anything that could endanger themselves or other players. Before the start of each match, captains must ensure that all of their players have removed all jewellery, including friendship bands on wrists and ankles, and all earrings and studs on any part of the body (entire ear, nose, tongue etc.). Without exception no taping of ears is accepted.

6. LEAGUE SCORING

- 6.1.** The League competition tables will be compiled based on points awarded to each team as follows:

- 5 points for a win
- 3 points for a draw
- 2 points if within 5 goals of the winner's score, (i.e., 2 points will be awarded for a result of 25–21, whereas 1 point will be awarded for a result of 25–20)
- 1 point for scoring more than 50 per cent of the winner's score
- 0 points for 50 per cent goals or less of the winner's score
- -5 points for a forfeit

- 6.2.** Should a team have to forfeit a match, this will be recorded as a loss with a deduction of 5 points and a penalty fine of 150 CHF per forfeit. The opposing team will be awarded a 30-0 win and 5 points.

- 6.3.** To determine the winners of the League divisions where two (2) or more teams are level on points:

- 6.3.1. Goal average (goals for divided by goals against) shall be used to determine their relative positions, i.e., the team with the higher average score over the course of the competition stage shall take precedence.
- 6.3.2. In the event that goal average does not differentiate between the teams, then goal difference shall be applied, i.e., precedence shall be given to the team with the greater difference between goals scored and goals conceded.
- 6.3.3. In the event that the goal difference does not differentiate between the teams, then the team with the greatest number of goals scored shall take precedence.
- 6.3.4. In the event that neither goal average nor goal difference nor goals scored can differentiate between the teams; aggregate score in the previous matches between the teams will determine the winner; if the winner is still undetermined, away goals of their matches will count as double points. If still undetermined the teams will share the title of winner of that League division for the relevant year.
- 6.3.5. In the event two (2) or more teams have equal points at the bottom of the Matterhorn division or the top of the Monte Rosa division, a play-off match between those teams will determine who is moved up or down.
- 6.3.6. Where one of the teams has its goal average, goal difference or total number of goals scored affected by conceded fixtures, then all goals scored by and against conceding team(s) in all fixtures shall be omitted from the calculations of the team's level on points. For example, if one team received 5 points for a conceded fixture, then the goals scored by and against all teams' level on points, in all games against the offending team, will not be included when its goal average, goal difference or total number of goals is calculated.

7. OFFICIALS AND REGISTRATION OF RESULTS

It is the joint responsibility of the match and technical officials to carry out their duties and facilitate the match responsibly, without disruption or any interference.

The match and technical officials work as a team, before, during and after the match until all paperwork is completed and submitted for the relevant match.

7.1. Official Bench and Umpires Bench

7.1.1. Technical officials will be seated at the Official Bench.

7.1.2. Match officials will be seated at the Umpires Bench, directly next to the Official Bench.

7.1.3. The documentation to be completed, agreed and signed for each match are as follows:

7.1.3.1. 2 x Swiss Netball Score sheets - Score Keepers

7.1.3.2. 1 x Injury & Game Management sheet - Time Keeper

7.1.4. The above three documents must be submitted by the technical officials to the Swiss Netball representative immediately after the match.

7.1.5. No Team Officials or players are allowed at the Official Bench for the duration of the match and immediately after when all paperwork is being completed by the Officials.

7.1.6. During an interval, the captain and/or any other player may approach the umpires at the Umpires Bench to seek clarification on a specific rule.

7.2. Match Officials

7.2.1. The Match Officials are the umpires.

7.2.2. Each club must provide one umpire per match being played on the day. The minimum qualification to umpire in the Swiss Netball League is a Europe Netball C Award.

7.2.3. Umpires should dress and act professionally at all times.

7.2.4. Umpires should be non-playing and umpire arrangements must be made in advance.

7.2.5. In the event that an umpire fails to arrive, or is injured or taken ill during a match, the following procedure will be applied: if another umpire of the appropriate standard is available then they may umpire the match. Failing that, the next best-qualified umpire may be used. If the two (2) teams cannot agree on an alternative, the team with no umpire will forfeit the match and this will be recorded as a loss. The opposing team will be awarded a win according to Regulation 6.

7.2.6. In the event that a team forfeits a match, that team is still required to provide an umpire for their assigned officiating matches.

7.3. Technical Officials

7.3.1. The Technical Officials are the scorers and timekeepers.

7.3.2. Two (2) scorers and one (1) timekeeper will be required for each match.

7.3.3. Each team entered must provide competent scorers and competent timekeepers. Team Officials should be non-playing and arrangements must be made in advance.

7.3.4. Both participating teams are responsible to provide one score keeper each for the match. These two score keepers form part of the Technical Officials for the match and shall act in a

professional and impartial manner for the duration of the match. The two score keepers will each keep score on a separate score sheet and concur with each other after each goal is scored.

7.3.5. The score keepers are jointly responsible for the following:

- 7.3.5.1. Keeping an accurate record of the score
- 7.3.5.2. Verify the score with the umpires during each interval and after the match
- 7.3.5.3. Advise the centre pass when a centre pass check is requested by the umpires
- 7.3.5.4. Notify the umpires when a wrong centre pass is indicated before that centre pass is taken

7.3.6. The score sheets must be checked every interval, as well as after the match, and then signed by both score keepers and both umpires. The score sheet as signed off and agreed by the match and technical officials is final.

7.3.7. In the event of any discrepancy where the score keepers and umpires cannot agree on the score during an interval or after a match, the interval will be extended and the Officiating Lead, or nominated representative for Officiating, will be consulted, until the discrepancy is resolved. Should the aforementioned happen during an interval, the umpires will inform the Coach of each team what the official score is. The match will resume thereafter.

7.3.8. The official score is the score jointly recorded by the score keepers on the score sheet, and not a score reflected anywhere else, e.g. electronic boards, manual score boards, etc.

7.3.9. The time keeper is responsible for the following:

- 7.3.9.1. Match timings – starting and stopping time as the umpires indicate, this includes tactical changes.
- 7.3.9.2. Interval timings – timing intervals, including advising the umpires when 30 seconds and 10 seconds remains.
- 7.3.9.3. Injury – Notify the umpires when 10 seconds remain prior to the end of the stoppage
- 7.3.9.4. Suspension & Ordered-off periods – Time the period and advise the umpire when time has lapsed.
- 7.3.9.5. To record all the Injury / Illness / Blood & Game Management Sheet occurrences during and after the match.

7.3.10. Timekeeper duty will be assigned to one of the teams in each match by Swiss Netball.

7.3.11. If a team is unable to provide the required Technical Officials, then that team will forfeit the match.

8. TEAM OFFICIALS

8.1. Netball Clubs may register a maximum of up to three (3) team officials per participating team. These may include a coach and a primary care person. Only bench players (a maximum of five (5)) and team officials are allowed to sit on the official team bench during matches being played by that team.

9. LEAGUE COMPLAINTS PROCEDURE

9.1. Where the complaint relates to the competition format or management, including (but not limited to) the schedule, the opposing team, playing surface or other playing arrangements, a complaint must be lodged in writing, before the start of the match (or as soon as possible after the issue becomes apparent during the match) following the *Swiss Netball Complaints Policy and Procedure*. The complaint must be then acknowledged by the Swiss Netball Committee's authorised representative who will decide what action should be taken.

9.2. Where the complaint relates to any of the matters not described in Regulation 9.1, the complaint shall be dealt with as set out below:

9.2.1. A person may lodge a complaint concerning:

- i. a participant at the League match (including a player, match official, technical official, coach, team official or Swiss Netball Committee)
- ii. a supporter or other person attending the League match
- iii. a team as a whole; or
- iv. the governance or administration of the League.

9.2.2. The subject of the complaint may be one or more of the following:

- i. Breaches of the *Swiss Netball Code of Conduct* including verbal or physical abuse, assault, threatening behaviour or harassment by a member or a supporter.
- ii. Standard of umpiring or timekeeping.
- iii. Non-members playing a game.
- iv. Breaches of Swiss Netball's Statutes; or
- v. Any other conduct or incident which the Swiss Netball Committee's authorised representative considers may be subject to a complaint.

A complaint may be lodged by making the complaint in writing following the *Swiss Netball Complaints Policy and Procedure* within twenty-four (24) hours after the event being complained about.

9.2.3. The complaint must be then acknowledged by the Swiss Netball Committee's authorised representative who will decide what action, if any, should be take

9.3. Complaints received by Swiss Netball under Regulation 9 will be dealt with by the Swiss Netball Committee in accordance with the processes set out in the *Swiss Netball Complaints Policy and Procedure*.

9.4. The Swiss Netball Committee decision in relation to decisions taken under Regulation 9 is final and binding.

10. LEAGUE CONTACTS

10.1. Participating teams should send all necessary documentation (team registration, accident / incident form, age band consent form for approval, etc.) to operations@swissnetball.ch and admin@swissnetball.ch.

10.2. Netball Clubs must provide their full contact details to the Swiss Netball Committee, including an email and contact telephone number(s) to facilitate the organisation of the Leagues.

11. MISCELLANEOUS PROVISOS

11.1. All participants acknowledge that participating in the sport of netball involves a risk of personal injury. When taking part in the Leagues, each player, team member, team official, other official or spectator, participates at her or his own risk and must hold personal accident, health and personal liability insurances. To the extent permitted by law, each participant waives any and all claims, causes and rights of action against Swiss Netball, the Organising Committee, event organisers, players and match officials of whatever nature and in any jurisdiction or forum that she may have as a result of such participation.

- 11.2.** For the avoidance of any doubt, Regulation 11.1 applies to pregnant participants (players, umpires, officials, team managers and coaches). Pregnant individuals should only participate with approval from their doctor. Swiss Netball observes the [World Netball Pregnancy Guidelines](#) and strongly recommends that all pregnant participants take note of these guidelines and follow the advice provided.
- 11.3.** It is the responsibility of relevant Netball Clubs participating in a match to ensure that any damage to property is insured.
- 11.4.** If any of these rules and regulations are held by any competent authority to be invalid or unenforceable, the remainder of the Regulations shall not be affected thereby.
- 11.5.** These rules and regulations shall be governed by and interpreted in accordance with Swiss law.
- 11.6.** Any questions regarding these regulations can be addressed to admin@swissnetball.ch.
- 11.7.** Swiss Netball reserves the right to amend these Regulations each year in advance of the start of the League.