



NEWSLETTER
FROM
BANGKOK NETBALL LEAGUE

Volume 1. Issue 2
November 2004

**LEAGUE STANDING AT THE END OF
ROUND 5**

Southerners Crown are currently leading the league table with 10 points. Nomads have greatly improved since last season currently holding a healthy 5th position in the league standings. The BNL welcomes new teams The Regent, Samitivej, Southerners Londoners, The Londoners, Epicure and Galaxy to the league this season, and farewell to Transpo Tigers, Patana Teachers, Shrewsbury and the Windsor Wombats. Weekly results are available to view on the Bangkok Netball website. www.bangkoknetball.com



**2004 SINGAPORE
TOURNAMENT**

The Singapore Cricket Club Hosted the SCC Invitational Netball Tournament to coincide with the

Singapore Sevens at the end of last month and as usual, they did a superb job. As well as some very enjoyable netball, there was also some very enjoyable Rugby. The Tournament is generally held each year at the end of October. For the Tournament write up, please visit the BNL website. Everyone is welcome to participate. For more details visit the BNL website www.bangkoknetball.com

LEAGUE RULES

All players are reminded that long nails are dangerous, when playing. Please ensure that nails are either short or gloves are worn or nails are taped up before taking the Court. A player who fails to observe this rule will **NOT** be permitted to take the court until the umpire is satisfied.

Captains are also reminded that their players **MUST** be registered before taking the Court. Failure to observe the registration rule will result in the deduction of points.

Pro Rata fees will now apply to members who join after the end of October. For further details contact the registration desk on Monday evening at NIST. If a member is unable to play after joining for the rest of the season, they should apply to the Treasure, Sandy Laroche for a refund. Please visit the BNL website to contact Sandy, www.bangkoknetball.com

THE GAME

Netball is a non-contact sport, and players cannot make physical contact with one another on the court.

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A good thing about this rule is that it stops taller and bigger players using their size to unfair advantage.

Defenders have to stand 0.9m (3ft) away from the player with the ball.

From this distance, a player can try to win the ball back, but ONLY when it has been thrown into the air.

Players can defend a member of the other team who does not have the ball but they cannot touch them. If a player makes physical contact and disrupts play then a penalty pass is awarded.

However, remember to be careful, because even if you trip over your shoelaces and knock another player over by accident - the referee will still give a penalty pass to the opposing team!

Next month Footwork

UMPIRING NEWS

UMPIRING TIP No.1

As soon as the centre whose turn it is to take the centre pass is standing in the centre circle after a goal has been scored, you should blow your whistle to commence the game even if players are not standing behind their goal third lines.

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Any player out of position at that time should be called for 'off-side' and a free pass taken from where the player was off-side.

This will ensure that the game is played at a quick pace, especially if the centre's are quick to return to the centre circle after a goal is scored.

Players will soon get the message that they should assume their correct positions as quickly as possible after a goal is scored.

By Mileva Tubbs- Umpire Coordinator.

HOT TIPS

THE CHEST PASS

Step 1

Chest passes are the most accurate way of getting the ball around the court.

But they will only fly through the air if you hold the ball correctly.

Your hands should form a W behind the ball.

So bring your thumbs together in the centre with your fingers comfortably spread out.

Step 2



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Don't forget footwork is essential to perfect passing.

When making a pass, step forward with one foot.

This will help you get energy from the floor as you push through with the ball

You need to release the ball from waist height.

Use the power from your arms and knees as you push the ball forward.

Step 3

You need to get lots of power flowing from your arm muscles down into your fingertips.

Keep your elbows close to your body and push through with the ball.

As you release the ball, straighten your arms and fingers so every little bit of energy is transferred to it.

Keep your wrists pointed upwards as this will help fully extend your arms.

Don't forget to keep your eye on the receiver - ball-watching could send it the wrong way!

If you're catching the ball, move towards not away from it.

And watch the ball until it is safely in your hands.

NEWS FROM OUR SPONSORS

The Dubliner: Tap Tuesday - A different beer every week - buy 1st beer at regular price and all refills are then 100 baht. Lee Shamrock - fab entertainer on hand all night!

Wed - Ladies night - 50% off all menu items, domestic beer and house pours!!

Friday - Lee Shamrock and free shooters!

Sat & Sun - sports galore and don't forget they open from 9am when you can enjoy The Big Fry - or the mini if you prefer!

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