



MUKURU UNDER 21 NATIONAL CUP

COMPETITION RULES

October 2025 to January 2026 Edition

INTRODUCTION

Netball Association of Malawi is in partnership with Mukuru, a financial service provider who committed to support the Junior Queens (U21 National Netball Team) for three years. The support is towards the Junior Queens' national and international engagement and Under 21 National Netball Cup.

NAM has formulated these Competition Rules to guide the sponsor, NAM, teams, organizing committee and all stakeholders and spectators on how to manage, organize and enjoy the Cup.

ARTICLE 1: GENERAL PROVISIONS

1.1. Governing Body

The Netball Association of Malawi (NAM) shall be the Official Organizer and Governing Body of the Cup. NAM shall organize and manage the **Mukuru Under 21 National Cup** through appointed Cup Organizing Committee

1.2. Objective

The primary objectives of Mukuru Under 21 National Netball Cup are to help ensure that the objectives of the Cup are achieved and include:

1.2.1. Talent Identification and Development

- Discover and nurture young netball talent across the country.
- Build a structured pathway for players to progress to the national senior team (the Queens).
- Provide consistent, high-level competition for Under-21 players to refine their skills.

1.2.2. Preparation for International Competitions

- Prepare the Junior Queens (U21 National Team) for major tournaments like the **Netball World Youth Cup**.
- Give players exposure to competitive environments that simulate international standards.

1.2.3. Empowering the Girl Child Through Sport

- Support young women's empowerment by promoting participation in organized sport of netball.
- Use netball as a tool to build confidence, leadership, and life skills in young girls.

1.3. Compliance

- a) All participating teams, players, officials, technical staff, and Cup organizers must comply with the Competition Rules, which complement the **World Netball Rules of the Match**, along with any additional regulations issued by NAM.
- b) All participating teams, officials, and players must comply with the rules and regulations of the Mukuru Under 21 National Netball Cup Rules and where applicable with the standards set by Netball Association of Malawi (NAM) and by World Netball.

- c) All participants shall strictly adhere to the official competition rules and regulations as outlined in this document. Ignorance of the rules shall not be accepted as an excuse for non-compliance.
- d) All players must be duly registered and meet the eligibility criteria set for the Under-21 National Netball Cup. Any team found fielding ineligible players will forfeit the match and may face disciplinary action.
- e) All participants must adhere to promoting respect, sportsmanship, and professionalism on and off the court. Disciplinary measures will be enforced for violations.
- f) All players must comply with anti-doping regulations as prescribed by the Malawi Anti-Doping Organization (MADO), National Council of Sports and World Netball. Any violation may result in suspension or disqualification.
- g) All teams are required to adhere to sponsorship guidelines provided by (NAM) including branding and media rights regulations.
- h) All match officials must comply with accreditation standards and officiate in accordance with these rules. NAM shall not tolerate biased or unprofessional conduct.

ARTICLE 2: ELIGIBILITY

2.1. Teams

- a) Players participating in the Mukuru Under-21 National Netball Cup must be 21 years old or younger during the Cup season.
- b) Under-21 regional teams registered with the Netball Association of Malawi (NAM) shall compete at the regional level. Each region will select the top three teams to advance to the national competition.
- c) A total of 12 Malawian Under-21 female netball teams, registered with and approved by NAM, will be eligible to compete in the Mukuru Under-21 National Netball Cup. Each team may field up to 12 players per match, selected from a pool of 20 players registered with NAM.

2.2. Players

- a) Only players registered with NAM through their respective teams/clubs shall participate in the teams competing in MUKURU Under 21 National Netball Cup.
- b) Each team may register up to 20 players, with a minimum of 15.
- c) Transfer players must be completed 30 days before the Cup starts and are subject to NAM approval.

2.3 Team Management Official

- a) Any team participating in the MUKURU Under 21 Netball Cup shall have the following officials for easy management and communication
 - i. Head Coach
 - ii. Assistant Coach
 - iii. Team Manager
 - iv. Team Doctor
 - v. Chairperson of the Managing Committee of the Team

2.4 Umpires

- a) NAM shall not permit any umpire who is also a coach of a team participating in the MUKURU UNDER 21 Netball Cup to officiate in any Cup Matches.
- b) NAM shall also prohibit any umpire who serves as a coach for a team not participating in the Cup from officiating in Cup Matches.

2.5 Bench Officials

- a) NAM shall not permit Bench Officials to take on multiple roles such as Umpire or Coach within the MUKURU Under 21 National Netball Cup. All Team Officials, Technical Officials, and Match Officials must perform only one designated role at any given time during the Cup period.

ARTICLE 3: FORMAT OF CUP

3.1. Cup Structure

The Cup shall follow a **Single/Double Round-Robin** format, as determined before the start of the season.

3.2. Points System

- a) Win: 2 points
- b) Draw: 1 point
- c) Loss: 0 points
- d) Walkover: -2 points, and the opponent receives 2 points with a 30 – 0 score line.

3.3. Tie-breaker Criteria and Ranking

If teams are level on points, rankings will be determined by:

- a) Goal difference
- b) Goals scored
- c) Head-to-head result
- d) Points in head-to-head Matches

ARTICLE 4: MATCH DURATION AND REGULATIONS

4.1. Match Duration

- a) A Match shall be played for a period of sixty (60) minutes divided into four (4) quarters, each of fifteen (15) minutes duration. The sixty (60) minute duration for each quarter will be actual playing time and will not include stoppages in play.
- b) An interval shall be taken between each quarter as follows:
 - i. A maximum period of four (3) minutes between the end of the first quarter and the beginning of the second quarter.
 - ii. A maximum period of eight (6) minutes between the end of the second quarter and the beginning of the third quarter.
 - iii. A maximum period of four (3) minutes between the end of the third quarter and the beginning of the fourth quarter.
- c) Teams are expected to arrive at the venue of Matches at least 1 hour before their scheduled Match.

- d) In consultation with the Organizing Committee, the officiating umpires may stop a Match (temporarily or indefinitely) due to an extraordinary circumstance that may be deemed an emergency. This may include but is not limited to venue equipment damage or failure, fighting of teams, fighting of spectators and teams or Match Officials and Technical Officials or any other reason deemed necessary by the officiating umpires.
- e) The officiating umpires in conjunction with Organizing Committee will determine if a Match may continue to proceed or if that Match must be delayed, postponed or cancelled.
- f) In the event that a Match is delayed, postponed or cancelled, that Match must be resumed as soon as is conveniently possible as directed by the officiating umpires or if prolonged delaying occurs, the Venue Coordinator or representative of the Organizing Committee shall direct accordingly.

4.2. Match Points

- a) The official score sheet from Technical Match Officials is the only true record of the Match.
- b) In the semi-final Matches, points will be allocated by way of three (2) points for a win, one (1) point for a draw and naught (0) points for a loss.
- c) In the event that due to unforeseen and exceptional circumstances a Match cannot be rescheduled for completion, the following will apply:
 - i. A drawn result shall be declared if the Match was stopped prior to or during the second quarter and each participating team involved in that Match will be awarded one (1) Match point.
 - ii. If the Match had entered the third or fourth quarters, a win will be awarded to the participating team with the highest score at the time in which the Match was stopped.
 - iii. In the event that both participating teams were on the same score and the Match had entered the third or fourth quarter, a drawn result will be declared and each team shall be awarded one (1) Match point.

4.3. Conduct of Playing the Last Matches by the Four Top Cup Teams (Finals Series Matches)

- a) Final Series Matches are a set of four top Matches played at the conclusion of a Netball Cup Season to determine the overall champion. These Matches shall involve the 4 top-ranked teams based on regular season performance and will typically be played on elimination basis. The Matches will be played as following format:
 - i. **Major Semi-Final:** 1st Place Team vs 3rd Place Team (Winner shall play Grand Final).
 - ii. **Minor Semi-Final:** 2nd d Place Team vs 4th Place Team
 - iii. **Third Place:** Loser of Major Semi-Final vs Loser of Minor Semi-Final. (Winner of this Match shall be placed on Third Position)
 - iv. **Grand Final:** (Winner of Major Semi-Final vs Winner of Minor Final (This Match determines the Cup champion and Runners-up).

4.4 Scoring in the Final Series

During a Finals Series and in the event that both participating teams have the same score at the completion of the fourth quarter of the Match, the following will apply:

- a) There shall be an “extra time” of 14 minutes with a two (4) minute interval form the end of 60 minutes. Team changes and substitutions may be made during this time. Coaching instructions may be permitted by the Head Coach and Assistant Coach during this time.
- b) The extended Match, (“extra time”), will comprise two (2) halves each comprising seven (7) minute duration with a one (1) minute interval between the two halves.
- c) Participating teams change ends at the commencement of “extra time” and the Match is restarted by the participating team entitled to the next Centre Pass.
- d) Participating teams will change ends at the completion of the first seven (7) minutes duration. Player substitutions and/or positional changes may be made during the one (1) minute interval. The Match is restarted by the participating team entitled to the next Centre Pass.
- e) If both participating teams have the same score at the completion of “extra time”, play will continue until a Goal Difference of two (2) goals eventuates and the participating team which recorded the greater of the two (2) Goal Difference will be declared the winner of the Match.

4.5. Results of the Cup

- a) The Bench Officials Supervisor/Manager will collect results of the Matches played during that weekend and submit to the member of the Organizing Committee for forward to NAM General Secretary for compilation.
- b) All Match results and statistics of the Cup are solely for the exclusive use of Netball Association of Malawi

4.2. Match Venues and Clustering

- a) The Cup format will follow a cluster system, where Matches shall be scheduled at a single venue over one weekend in a selected region. On each designated weekend, all teams will travel to the chosen region and play a total of six matches on Saturday and six matches on Sunday.

4.3. Team Bench and Technical Area

Only registered players, coaches, and Team Officials (max of 5) are allowed in the technical area.

ARTICLE 5: MATCH, TECHNICAL AND EVENT OFFICIALS

5.1. Appointment

NAM shall appoint Mukuru Under 21 National Netball Cup Committee (Organizing Committee) and accredited and qualified Match, and Technical officials to professionally manage the Cup.

5.2. Match Officials (Umpires)

- a) Every Match shall have 2 umpires and 1 reserve umpire (1set) for every Match. The Umpires are responsible for enforcing Match rules, starting and stopping play, and reporting any disciplinary incidents to the Organizing Committee.
- b) NAM, through the National Umpires’ Committee, is responsible for contracting, managing, supporting and paying the pool/squad of umpires and Bench Officials for the Cup for every Match played.
- c) Umpires shall wear their uniforms if not provided with branded uniforms from the sponsor. The teams must ensure their uniforms are not branded with the sponsors competitor.

- d) National Umpires Chairperson shall ensure that each region has identified sets of qualified umpires to officiate the Matches in the planned weekend of the Matches in the region.
- e) These sets of umpires shall not be fixed sets
- f) All umpires that shall not show high level of competence and professionalism in managing the Cups Matches shall be remove at any time and shall be replaced with competent umpires.
- g) Every weekend where Matches are played, there shall be umpire assessor to assess the umpires. The assessor shall report to the National Umpires' Committee and NAM about the competence of the umpires to manage the Cup Matches.

5.3. Umpire Assessor

- a) NAM, through National Umpires Committee, may appoint a minimum of 1 Umpire Assessor to attend to all Matches played during one weekend.
- b) The Umpire Assessor shall have access to the Field of Play in designated areas to observe the Match, but without impacting on any operational requirements.
- c) The Umpire Assessor shall sit behind the bench of umpires
- d) The responsibilities of the Umpire Assessor shall include but are not limited to:
 - i. Observe the Matches to which they have been appointed
 - ii. Prior to and at the end of every Match provide technical advice to Umpires to assist improvements in performance.
 - iii. Shall recommend removal of incompetent umpires from officiating the Matches

5.4. Technical Officials (Bench Officials)

- a) Every weekend of playing the Matches there shall be a sets of Bench Officials taking statistics of the Matches
- b) National Bench Officials Committee shall ensure the availability of Bench Manager/Supervisor/Supervisor during the weekend of playing the Matches
- c) The Bench Manager/Supervisor shall be responsible for coordinating and overseeing the Bench Officials of the Cup.
- d) The Bench Manager/Supervisor's primary duty is to oversee and manage the scorers and timers and to ensure that all personnel understand and perform their duties and responsibilities.
- e) The Bench Manager/Supervisor may be seated on or located in a position behind or near the Score Bench as required.
- f) Any approach to the Score Bench by Team Officials may only be undertaken through the Bench Manager/Supervisor.
- g) Bench Manager/Supervisor shall sit behind the bench of Technical Officials

ARTICLE 6: DISCIPLINARY CODE

6.1. Sanctions

Players or teams found guilty of misconduct, unsportsmanlike behavior, or Cup rules violations may face:

- a) Warnings
- b) Match suspensions
- c) Fines
- d) Expulsion from the Cup (for repeated or severe offenses)

6.2. Appeals

- a) Teams have the right to lodge an appeal the member of the Organizing Committee who shall be available at the venue of the Competition. The appeal shall be lodged within **24 hours** of the incident.
- b) Appeals must be in writing and submitted with a non-refundable fee of **K50, 000**.

ARTICLE 7: MATCH OPERATIONS

7.1 Bench Officials

- a) Netball Association of Malawi is responsible for coordinating and overseeing the Bench Officials of the Cup.
- b) The Bench Manager/Supervisor's primary duty is to oversee and manage the scorers and timers and to ensure that all Bench Officials understand and perform their duties and responsibilities.
- c) The Bench Manager/Supervisor may be seated on or located in a position behind or near the Score Bench.
- d) Any approach to the Bench Officials by Team Officials should be through the Bench Manager/Supervisor.

7.2 Equipment

Scorebooks, supplementary score sheets, substitution forms and Match Team List pads, will be supplied by Bench Manager/Supervisor and will be available for each Match on the Score Bench.

7.3 Match Team List

- a) All Players included on the Match Team List must be those included on the Club Player List and are registered with NAM.
- b) No less than fifteen (15) minutes before the commencement of a Match, a Team Official must submit to the Bench Manager/Supervisor the Match Team List.
- c) The Match Team List must include the seven (7) Players and their "on court" positions, up to five (5) Player reserves and the name of the "on court" captain.
- d) Upon submission of the Match Team List details, no change to the Match Team List can be made, except in the event of an injury and/or illness.
- e) A Primary Carer/Team Doctor will be required to provide verbal verification of the injury and/or illness for which the Match Team List alteration and/or Player substitution is requested.
- f) The approval of a Match Team List alteration and/or Player substitution is at the discretion of the Bench Manager/Supervisor.
- g) Upon receipt of the Match Team List from both Participating Teams, a Team Official may request from the Bench Manager/Supervisor the starting line-up of the opposition Participating Team.
- h) Player substitutions at the end of each quarter or during a Match are to be recorded on the "Substitution/Team Changes Advice Form" and provided to the Bench Manager/Supervisor as soon as possible after the substitution has occurred.
- i) A Team Official must not enter the Field of Play during a Match to lodge and/or amend a Match Team List.
- j) In relation to all Matches of a Finals Series, Participating Teams must provide the Match Team List to the Bench Manager/Supervisor 30 minutes before the Match commences.

ARTICLE 8: DISCIPLINARY CODE, PENALTIES AND APPEAL

8.1 Scope

- a) These disciplinary regulations aim to promote and strengthen the reputation of the Cup by establishing a standard of performance, behaviour and professionalism for its participants. In addition, it seeks to deter conduct that could impair public and sponsor confidence in the honest and professional conduct of Matches or in the integrity and good character of its participants.
- b) All Participating Teams, Players, Team Officials, Match Officials, NAM officials, sponsors and Organizing Committee Members are subject to compliance with these Cup Rules and any regulations by the Netball Association of Malawi.
- c) This disciplinary regulation may be supplemented by any additional codes of behaviour or ethics as established by NAM as it may be deemed necessary.

8.2 Complaint Reporting Procedure

- a) A Participating Team, Match Official, Player or Team Official may make a Complaint relating to an Offence(s) arising from or related to the Cup. Such an Offence(s) may have occurred:
- b) Before, during or after the conduct of the Cup; within the regulations of the Netball Association of Malawi and Match venues.
- c) An Offence(s) can include, but are not be limited to:
 - i. Failure to comply with the Cup Rules
 - ii. Bringing the Match into disrepute
 - iii. Disputing the decision(s) of Umpires
 - iv. Abuse of an Umpires
 - v. Unsportsmanlike behaviour
 - vi. Breach of NAM's regulations during period of the Cup
 - vii. Attempting to trip, strike, elbow, kick, triple, spit on the fellow players elbowing or kicking
 - viii. Offensive language (which may include abusive, obscene gestures or insulting language)
 - ix. Fighting
 - x. Threatening players and any officials and spectators
 - xi. Deliberately endangering the health and safety of any Officials, Players, spectator or Team Official (incidents involving blood / body fluids)
 - xii. Failure to co-operate in, or hindering an investigation or Hearing.
 - xiii. Failure by any person including a Player or Team Official required to attend a Hearing without proper cause when notified
 - xiv. Coaching, umpiring, playing or engaging in Score Bench duties while under suspension.
 - xv. Stealing or deliberately damaging venue equipment and facilities and stealing any Cup equipment
 - xvi. Initiating or participating in any corruption and Match fixing practices during the period or season of the Cup
 - xvii. Any offence not covered but negatively impacting on the smooth running and organization of the Cup
- d) The process for a Participating Team, Match Official, Player or Team Official to lodge a Complaint is to complete the Complaint Form and lodge this Form with the organizing Committee.

- e) The complaint should be lodged within 24 hours of the incidence or occurrence
- f) The Complaint must be accompanied by payment of a K50,000 fee. The K50, 000 fee must be remitted electronically to NAM Bank Account or to NAM Treasurer at the time of lodging the Complaint Form.
- g) The fee shall be forfeited if the offence is considered to have been made without reasonable cause by the Organizing Committee. The fee shall not be refunded in the event that the outcome of the Complaint is in favour of the Complainant.
- h) Upon receipt of a Complaint and the Complaint Form, the Organizing Committee will appoint a Hearing Committee to arbitrate the Complaint and will advise the Complainant of the name of the Hearing Committee and relevant contact details as soon as possible thereafter. If the Hearing Committee Members shall not be party to the Complaint.
- i) Following appointment of the Hearing Committee, the Hearing Committee will be provided with the Complaint Form.
- j) All Complaints which are sensitive must remain private and confidential by all parties deemed necessary by the Hearing Committee. The Hearing Committee shall keep the Complaint (including, but not limited to, the nature of the Complaint, information obtained before, during and after the Complaint has been resolved) confidential.
- k) The Complainant must confirm all details of the alleged Offence(s) on the Complaint Form and that all the particulars in connection with the Complaint have been noted; and notify the Club Chairperson or Team Manager or Head Coach and the Respondent by email, WhatsApp and telephone (if practical), that a Complaint has been made. Depending on the nature of the Complaint, the Hearing Committee may provide a copy of the Complaint Form to the Club Team manager or Chairperson and the Respondent.
- l) If the Respondent subsequently wishes to provide a response against the alleged Offence(s), he/she must do so by lodging a Respondent Form within 24 hours of the incidence or occurrence. The Hearing Committee will assess the Complaint, together with any associated reports and correspondence, to determine whether any further investigation is required.
- m) If the Hearing Committee determines that further investigation is required, the Match Official, Event Cup Organizing Committee, Player or Team Official or any person who lodged the Complaint will be interviewed by the Hearing Committee. This interview will be documented in writing by the Hearing Committee and will be conveyed to the Respondent. The Respondent will then be interviewed and the information obtained in response to the Complaint will also be documented in writing by the Hearing Committee.
- n) If there is a dispute over facts, statements from witnesses and other relevant evidence will be obtained.
- o) Based upon the information obtained, the Hearing Committee will determine whether the Complaint is substantiated (i.e. there is sufficient evidence to support the Complaint) or unsubstantiated (i.e. there is insufficient evidence to support the Complaint).

8.3 Hearing Procedure

- a) The purpose of the Hearing shall be to determine whether the Respondent has committed the Offence(s). If a charge is found or proven wrong, any one or more of the penalties set out in these rules may be imposed.

- b) If the Organizing Committee determines that the appropriate course of action is to proceed to a Hearing, the Hearing Committee will as soon as possible determine the composition of the Hearing Committee.
- c) Send to the Complainant and Respondent:
 - i. A notice detailing the particulars of the alleged Offence(s) including details of when and where the alleged Offence(s) are said to have occurred;
 - ii. A notice setting out the date, time and place for the Hearing; and
 - iii. A copy of all relevant documentation pertaining to the Complaint.
- d) The parties to the Hearing shall include:
 - i. The Complainant
 - ii. The Respondent
 - iii. Any witnesses which the Hearing Committee considers necessary to participate in the Hearing.
- d) A Hearing must be held as soon as is practicable after receipt of the initial complaint by the Hearing Committee, preferably within three (3) Business Days after receipt of the initial Complaint.
- f) The Hearing Committee shall hear and determine the particulars of the alleged Offence(s) and charge(s) therein in whatever manner it considers appropriate in the circumstances (including by way of teleconference, WhatsApp call meeting, video conference, written statements or otherwise) provided that it does so in accordance with Natural Justice.
- g) If the Complainant or Respondent fails to attend a Hearing without reasonable cause, the Hearing may proceed and a determination made by the Hearing Committee in their absence, provided that the Committee is satisfied that all notification procedures were carried out.
- h) Both the Complainant and the Respondent are entitled to support throughout this process from a chosen support person. However, no party to a Hearing may be represented by a lawyer in the preliminary Hearing.
- i) Each party to a Hearing shall bear their own costs in relation to the Hearing.
- j) The Hearing Committee shall provide their decision following the conclusion of the Hearing to the parties involved. Within a reasonable time frame the Hearing Committee will prepare a written statement outlining the decision and deliver it to:
 - i. The Complainant
 - ii. The Respondent
 - iii. The NAM Executive
 - iv. Organizing Committee
 - v. Any other person party represented at the Hearing.
- k) The Respondent has the right to appeal any decision made by the Hearing Committee. The appeals process is set out in clause

8.4 Penalties

- a) A range of standard Offences and maximum penalties may be imposed at the discretion of the Hearing Committee where a charge has been found proven. Whether a penalty is to be imposed shall be at the discretion of the Hearing Committee.
- b) If a Participating Team fails to comply with the Cup Rules in relation to a Match, the Hearing Committee may apply the following penalties:

- i. The Participating Team may be fined a monetary amount considered to be proportionate to the Offence.
 - ii. The Participating Team may be deemed to have lost the Match in which the contravention occurred and will be allocated zero (0) points.
 - iii. Depending on the nature of the Offence, the Participating Team may be deducted further points.
 - iv. The opposing Participating Team may be declared the winner of the Match in which the contravention occurred and will receive two (2) points as well as the greater of either twenty (20) goals to zero (0) margin.
- c) All results and statistics relating to the offending Participating Team for that particular Match will be removed from the published statistics. Any applicable fines imposed by the Hearing Committee for the contravention of any Cup Rules in relation to a Match must be paid within fourteen (14) Business Days of the date of notice. Failure to pay by the due date will result in the loss of a further two (2) points for the offending Participating Team.
- d) Any Participating Team that plays an ineligible player shall forfeit that Match and shall take no further part in the Cup.
- e) The Hearing Committee may also take into account a Respondent's prior history in determining a penalty to be imposed provided the penalty does not exceed the maximum penalties assigned to Offences.
- f) If the Hearing Committee considers that a charge has been proven, any one or more of the following penalties may be imposed to a person or a Participating Team:
 - i. A warning and/or reprimand
 - ii. A direction to make a verbal or written apology
 - iii. A monetary fine
 - iv. Suspension from participation in a Match or Matches
 - v. A ban on taking part in any Cup related activity
 - vi. Annulment of the result of a Match or Matches
 - vii. A disqualification
 - viii. A suspended sentence; and/or
 - ix. Any other such penalty as the Hearing Committee considers appropriate.
- n) The Hearing Committee must keep a confidential record of the decision and must provide written reasons for their decision for imposing penalties to the NAM GS within six (6) Business Days.
- o) If the Hearing Committee determines that a period of suspension is required for any Offence, the Committee must not apply a period of suspension which would exceed the maximum penalty for an Offence as listed below.
- p) Offence Maximum Penalty. The penalty excludes weeks where the Cup is not played.
 - i. Umpiring the Cup Matches against these Rules 3 weeks
 - ii. Disputing the decision(s) of an Umpire 2 weeks

iii.	Abuse of an Umpire	2 weeks
iv.	Unsportsmanlike behaviour	3 weeks
v.	Attempting to trip, strike, elbow or kick	3 weeks
vi.	Obscene gestures	2 weeks
vii.	Offensive language (which may include abusive, obscene or insulting language)	2 weeks
viii.	Fighting	4 weeks
ix.	Spitting	3 weeks
x.	Threatening a player or any official	3 weeks
xi.	Deliberately endangering the health and safety of any Player, spectator or official (incidents involving blood/body fluids)	4 weeks
xii.	Failure to co-operate in, or hindering an investigation or Hearing	3 weeks
xiii.	Failure by any person required to attend a Hearing without proper cause when notified	4 weeks
xx	Coaching, umpiring, playing or engaging in Score Bench duties while under suspension	4 weeks
xxi	The Hearing Committee may determine any period penalty on any offence not covered in these Rules	

- q) If a Hearing Committee believe that exceptional circumstances exist whereby the penalty to be imposed should exceed the maximum penalty as outlined above, the Hearing Committee will liaise with NAM Executive for approval to impose such a penalty.
- r) Any incident outside the Offences should be referred to NAM Executive for consideration. Where charges for Offences arising from one particular incident are heard together and the Hearing Committee finds the Respondent guilty of more than one Offence, they may impose a single penalty, being not more than the maximum penalty for the most serious of the Offences as detailed in this Cup Rules.
- s) If the Hearing Committee is not satisfied that the particular charge has been proven, but is satisfied that a lesser charge has been proven, the Hearing Committee may apply the penalty applicable to the lesser charge.
- t) The Hearing Committee has the right to direct that a person other than the Respondent be charged with an Offence on the basis of evidence presented before them during the course of conducting an investigation or Hearing.
- u) A penalty imposed shall commence from the date of the Hearing Committee's determination unless otherwise expressly directed by the Hearing Committee.
- v) The Hearing Committee has the discretion to rule that a penalty be suspended for the number of weeks which may occur between a Cup.
- w) Where a Hearing Committee imposes more than one period of suspension, they may direct that the suspension be served concurrently, cumulatively or part concurrent and part cumulative.

- x) The Respondent shall be entitled to participate in the Cup, any tournament, activity or event conducted by NAM until such time as the Hearing Committee or Appeal has heard and determined the Complaint.
- y) A Respondent who has been found guilty of an Offence and received a penalty will not play, coach, umpire or otherwise take part in the Cup, any tournament, activity or event conducted by NAM as directed by the Hearing Committee until the penalty has been served to the satisfaction of Hearing Committee or NAM.
- z) An extreme breach of Cup Rules may lead to disqualification of a Player and/or Participating Team or an official
- aa) Any Participating Team forfeiting a Match may be fined an amount at the discretion of the Cup Organizing Committee or NAM
- bb) If a player is disqualified, all Match statistics of that Player will be removed from the published individual statistics indefinitely for this particular season.
- cc) If a Participating Team is disqualified, withdraws from the Cup or fails to play during the series Matches in the Season, the following will apply:
 - i. The Participating Team will be deemed to have withdrawn from the Cup.
 - ii. If a Participating Team so withdraws from the Cup in any Matches it has played, as well as all the remaining Matches to be played during the Season, will be recorded as a Cup bye. The Participating Team shall be ranked last in the Cup and all playing points received will be reduced to zero.
 - iii. Any opposing Participating Team who played a Match against a withdrawn Participating Team prior to its withdrawal from the Cup will be awarded two (2) points for each Match now recorded as a bye as detailed regardless of whether the initial result of that particular Match was a win or loss for the opposing Participating Team. For Goal Percentage purposes, a recorded Match result will be the greater of either twenty (30) goals to zero (0) or the Goal Difference for that particular Match;
 - iv. Two (2) points will be awarded for each bye to any opposing Participating Team who was to play a Match against the withdrawn Participating Team for the remaining Matches of the Season. For Goal Percentage purposes, a recorded Match result will be twenty (30) goals to zero (0)
- dd) The withdrawn team's Match statistics will be removed from the published statistics. The Cup schedule will be updated to reflect the withdrawal of the Participating Team.
- ee) If a Participating Team is disqualified, withdraws from the Cup or fails to play during the Finals Series, the following will apply:
 - i. The Participating Team will be deemed to have withdrawn from the Cup and to have lost any or all Matches played;
 - ii. The Participating Team will be ranked last in the Cup and will not receive, or will not be permitted to keep any awards including but not limited to: Prize money, medals or trophies to which it was entitled or which it had already received. All playing points received from the Cup will be reduced to zero
 - iii. All other Participating Teams ranked below the withdrawn Participating Team will be advanced by one place in the premiership table ranking at the completion of the Season. Where appropriate after such revision of the ranking, the next highest Participating Team(s) at the time of the withdrawal will be awarded any items as appropriate.

- iv. The withdrawn team's Match statistics during the Finals Series will be removed from the published statistics prepared by the Cup Organizing Committee.
- v. The withdrawal of the Participating Team, including failure to play a Match, may also incur monetary penalties at the discretion of the Cup Organizing Committee
- ff) Parties may lodge an appeal from a decision made by a Hearing Committee. There shall be no appeal from a decision made by a Hearing Committee unless the Appellant (previously known as the "Respondent") believes that one or more of the following grounds of appeal exist:
 - i. That significant new or additional evidence has become available.
 - ii. That the penalty imposed by the Hearing Committee is not in accordance with the disciplinary documents
 - iii. That the Hearing Committee failed to follow procedures or requirements of the Cup Rules or disciplinary documents to the significant detriment of the Complainant; or the principles of Natural Justice have not been met.
 - iv. Only the original Complainant shall have the right of appeal from a decision made by the Hearing Committee.
 - v. The process for the original Complainant to lodge an appeal is to complete the Notice of Appeal Form and lodge the Notice of Appeal Form with the Cup Organizing Committee within two (2) Business Days after the notification of the decision of the Hearing Committee. NAM has the discretion to accept an Appeal after this time frame in extenuating circumstances.
 - vi. The Cup Organizing Committee Chair will advise the Club Chairperson or Manager or Appellant of the name of the NAM Appeal Legal Official and relevant contact details as soon as possible thereafter. If the NAM Appeal Legal Official is a party to the Complaint, another independent NAM Appeal Legal Official will be appointed by the NAM.
 - vii. A K50, 000 fee must be remitted to, or received by, NAM within two (2) Business Days of receipt of details of the name of the NAM Appeal Legal Official.
 - viii. The Cup Organizing Committee Chair is to be advised by email, WhatsApp, phone call of the fee remittance. The fee shall be forfeited if the appeal is rejected.
- gg) The NAM Appeal Legal Official will determine one of the following:
 - i. That the Complainant has not established any of the grounds for the appeal or that the Complainant has established one or more of the grounds for the appeal.
 - ii. If the NAM Appeal Legal Official determines that the Complainant has not established any of the grounds for appeal, the NAM Appeal Legal Official may dismiss the appeal and direct that the Complainant abide by the original penalty as imposed by the Hearing Committee.
 - ii) If the NAM Appeal Legal Official determines that the Complainant has established one or more of the grounds for the appeal, the NAM Appeal Legal Official will direct that the appeal is to proceed and that there be a rehearing of the charge ("Appeal Hearing").
 - jj) The NAM Appeal Legal Official may direct that the penalty imposed by the Hearing Committee be deferred pending the determination of the appeal.
- kk) The Complainant shall be notified as soon as is reasonably possible after receipt of the Notice of Appeal as to whether an Appeal Hearing is to be granted and the time, date and

place of the Appeal Hearing in the event that it is granted. Notice must also be given to the NAM GS, the original Hearing Committee which made the original decision.

8.5 Appeal Hearing

- a. Where the NAM Appeal Legal Official directs that an Appeal Hearing occurs, NAM GS, or approved delegate, must convene an Appeal Panel within two (2) Business Days of receipt of the Notice of Appeal from the NAM Appeal Legal Official
- b. The Hearing Committee, which determined the original Complaint may not act as the NAM Appeal Legal Official or be appointed to the Appeal Panel.
- c. The Appeal Panel may meet together at the place, date and time appointed for the meeting; or by means of audio, or audio and visual communication by which all Appeal Panel members can simultaneously hear each other throughout the meeting.
- d. The Appeal Panel shall have the discretion to conduct the Appeal Hearing as a complete re-hearing or to limit the Appeal Hearing to consideration of the ground(s) of appeal relied upon by the Appellant.
- e. Where the Appellant elects not to attend the Appeal Hearing in person, the appeal is to be dealt with on written submission(s) alone and the Appellant will be required to submit these by a specified date as advised by the NAM Appeal Legal Officer for distribution to the Appeal Panel.
- f. The Appellant may have an adviser, or may nominate witnesses to attend the Appeal Hearing. If this occurs, the name and status of the adviser and / or witnesses must be provided to the Appeal Panel at least two (2) Business Days prior to the Appeal Hearing, or as determined by the Chairperson of the Appeal Panel based on the time of the Appeal Hearing. The adviser cannot be a barrister or solicitor or be legally qualified.
- g. If the Appellant fails to attend the Appeal Hearing, the Chairperson of the Appeal Panel may, if he/she is satisfied that due notice had been given, proceed in the Appellant's absence on the basis of the material available to it, or may adjourn the Appeal Hearing to a later date.
- h. If the Appellant fails to comply with the timetable without showing sufficient cause, the Appeal Panel may continue the proceedings and make a determination on the evidence before it.
 - i. The Appeal Panel shall have the power to:
 - i. Dismiss the appeal
 - ii. Uphold the appeal
 - iii. Impose any of the penalties set out in clause 8.4 (p); and/or
 - iv. Reduce, increase or otherwise vary any penalty imposed in the first instance by the Hearing Committee in such manner as it thinks fit.

8.6 Determination Process

- a) In determining its procedures (including any pre-hearing directions) and what evidence it may require, the Hearing Committee shall have full and unfettered discretion.
- b) The Hearing Committee will not be bound by judicial rules governing procedure and/or admissibility of evidence, provided that the proceedings are conducted with reasonable notice and in a fair manner with a reasonable opportunity for relevant parties to present their arguments. The Appeal Panel shall

be entitled to call on such experts (legal or otherwise), as it considers appropriate to assist in the matter under consideration.

- c) If the determination is not unanimous, the Chairperson of the Hearing Committee shall have the casting vote.
- d) Proceedings before the Appeal Panel shall not be open to the public.
- e) The Appeal Panel may take any step and make any order that the Appeal Panel considers, in its sole and absolute discretion, would be appropriate to take in order to deal justly with the appeal.
- f) There shall be no right of appeal from a decision of the Appeal Panel. The decision of the Appeal Panel is final and binding on all parties.

8.7 Notification Procedure

- a) Once an appeal has been determined by adjudication whether with or without the attendance of the Appellant, the Appellant, the original Complainant and NAM GS will be notified of the Appeal Panel's decision as soon as is practicable following the Appeal Panel meeting. Reasons for a determination by the Appeal Panel will not be provided, except by direction of the Chairperson of the Appeal Panel.
- b) No person shall give any information to the media or media representatives for publication or broadcast unless so directed by NAM GS.

ARTICLE 9: CUP STRUCTURE, FORFEITURES AND WITHDRAWALS

9.1. Number of participating Teams

- a) The Cup will consist of twelve (12) team to play the Matches in **single/double round-robin** format.
- b) 4 Finals Series for the Cup.

9.2. Forfeiture

A team that fails to appear for a scheduled Match without valid cause will be deemed to have forfeited the Match. This team will lose the Match with 20 goals.

9.3. Withdrawal

- a) If a participating team withdraws from the Cup prior to the commencement of the Matches, the team shall be replaced by the next best team from the Region the withdrawing team belongs.
- b) A team that withdraws during the season will forfeit all Matches played and be liable to sanctions, including relegation or suspension for the following season. Remaining scheduled Matches shall be awarded as automatic 20–0 wins to the opponents.

9.4. Playing the Final Matches (Finals Series)

The finals series of the Matches shall be played as follows:

Final series: The four teams that cumulates the highest points will play semi-finals.

- i. **Major Semi-final:** Team on 1st position on the Cup table will play team on 3rd position on the Cup table. The team on 1st position shall be Home Team and team on 3rd position shall be Away Team.
- ii. **Minor Semi-final:** Team on 2nd position on the Cup table will play team on 4th position on the Cup table. The team on 2nd position shall be Home Team and team on 4th position shall be Away Team.

- ii. **Third Place:** Loser in Major semi-final shall play Loser of Minor Semi-final. Loser in semi-final 1 shall be Home Team and loser in semi-final 2 shall be Away Team. Winner shall be placed on position 3 and Loser shall be placed on position 4.
- iii. **Grand Final:** Winner in Major Semi-final will play winner in Minor Semi-Final. Winner of Major Semi-final shall be designated as Home Team and Winner in Preliminary Final shall be designated and Away Team.
- iv. The Winner of the Grand Final shall be the Champion of the Cup and the Loser of the Grand Final shall be the Runners-up

ARTICLE 10: IDENTIFICATION OF TEAMS TO PLAY IN EVERY SEASON

- a) At the beginning of every season of Mukuru Under 21 National Netball Cup, NAM shall conduct Regional play-offs in the Regions to identify 12 teams to play at national.

10.1. PLAYER CONDUCT AND ANTI-DOPING

10.1.1 Conduct

Players are expected to uphold high standards of discipline, respect, and fair play on and off the court. Player conduct of code shall be used

10.1.2. Anti-Doping

- a) The Cup adheres to the World Anti-Doping Agency (WADA) code.
- b) Random doping tests may be conducted by Malawi Ant doping organization (MADO).

ARTICLE 11: CUP AWARDS

At the end of the season, the following awards will be presented:

- a) Cup Champions
- b) Runners-Up
- c) Third Place
- d) Fourth Place
- e) Most Valuable Player (MVP)
- f) Best Shooter
- g) Best Defender
- h) Best Midcourt Player
- i) Best Umpire
- j) Fair Play Award

ARTICLE 12. MEDIA, BRANDING & SPONSORSHIP

12.1. Media Rights

- a) Mibawa TV has the right to beam, broadcast or record all matches for TV. They may to other TV or Online platforms. All print or electronic media houses may report on the matches for purposes of reporting.
- b) Mukuru may engage and take pictures of any player in the league for purposes of advertisement.

12.2. Sponsorship

All teams must comply with sponsorship guidelines and branding as stipulated by NAM and the main Cup sponsor (MUKURU).

ARTICLE 13: FIXTURES AND POSTPONEMENTS

13.1. Fixture Release

The Organizing Committee shall produce full season fixture that shall be distributed to all participating teams and other stakeholders released before the first Match day.

13.2. Postponements

Matches may only be postponed under the following circumstances:

- a) Force majeure (e.g., weather, natural disaster etc.)
- b) Event Cup Organizing Committee-approved requests submitted at least 7 days in advance

ARTICLE 14: HEALTH AND SAFETY

- a) The Event Cup Organizing Committee shall ensure all venues meet safety and health standards.
- b) Teams must have a designated first-aid officer or medical personnel at all Matches.

ARTICLE 15: PREGNANT PLAYERS

No pregnant players shall not be allowed to play in the Cup Matches. NAM and the Organizing Committee shall not be liable to any negative circumstances happening to the player found playing while pregnant

ARTICLE 16: UNIFORMS

- a) Every participating team shall have a minimum of 1 set of uniforms, a skirt and blouse or dress suitable to be used during playing the Matches
- b) Each team shall have 2 sets bibs
- c) The Home team shall change the set of bibs to wear a different set of bibs from those of the Away team if the bibs have the same color.

ARTICLE 17: AMENDMENTS TO THE RULES

NAM reserves the right to revise or amend the rules when necessary. All changes will be communicated in writing to all stakeholders.