



**GIRLS**  
**Competition Rules and**  
**Guidelines**  
**2019/20**

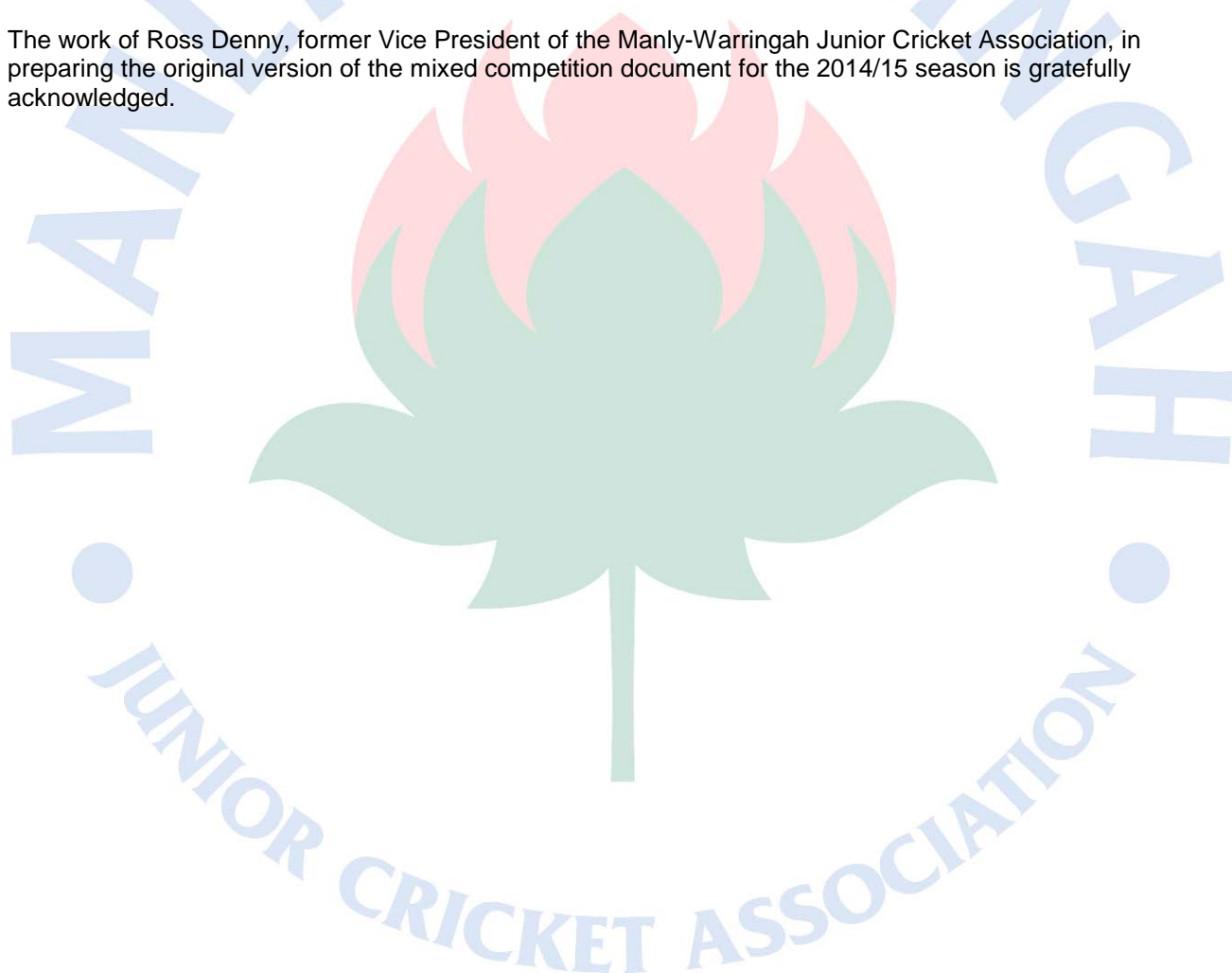
**Issue B**  
**31 August 2019**

## Issue B

### Issue History

Issue	Status	Drafted by	Checked by	Approved by	Date
A	First Issue of MWJCA Girls Competition Rules and Guidelines	TH	TH	SO and DH	18 October 2018
B	Club Championship. Ball colour. MCC Laws April 2019 Behaviour. Award eligibility	Toby Horstead	Scott Osborne	David Nimmo	31 August 2019

The work of Ross Denny, former Vice President of the Manly-Warringah Junior Cricket Association, in preparing the original version of the mixed competition document for the 2014/15 season is gratefully acknowledged.



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# 1. Committee and Office Bearers

## 1.1 2019/20 Association Committee

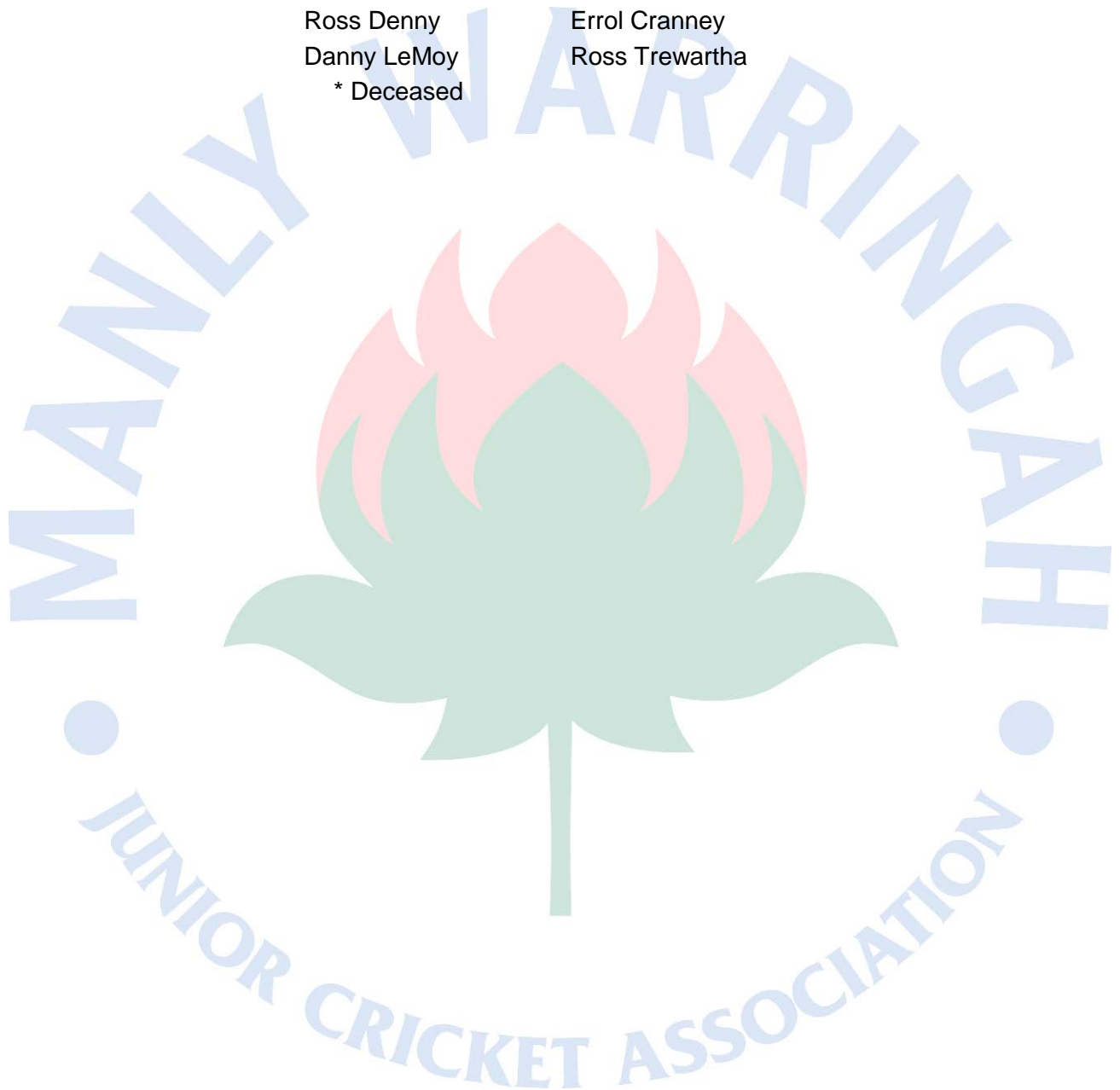
<b>President</b>	David Nimmo	0400 656 546	president@mwjca.com.au
<b>Vice President</b>	Toby Horstead	0412 257 046	vp_rules@mwjca.com.au
<b>Vice President</b>	Scott Osborne	0417 324 513	sosborne55@gmail.com
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<b>Competition Secretary</b>			
<b>Web Administrator</b>	Stephen Baldwin	0425 834 212	web@mwjca.com.au
<b>Representative Chairman</b>	Blake Cousemacker	0418 167 102	reps@mwjca.com.au

## 1.2 Club Representatives

	<b>Beacon Hill</b>	Peter Horton	0407 012 538	<a href="mailto:peter.horton.au@gmail.com">peter.horton.au@gmail.com</a>
	<b>Collaroy Plateau</b>	Colin Huxley	0407 246 069	<a href="mailto:ichuxley@bigpond.net.au">ichuxley@bigpond.net.au</a>
	<b>Cromer</b>	Stewart Edwards		<a href="mailto:president@cromercricket.com.au">president@cromercricket.com.au</a>
	<b>Forest</b>	Andrew Smith		<a href="mailto:president@forestcricket.com">president@forestcricket.com</a>
	<b>Harbord Devils</b>	Warren Evans		jenmev@bigpond.net.au
	<b>Peninsula</b>	Gary Searles		<a href="mailto:secretary@peninsulacricketclub.com.au">secretary@peninsulacricketclub.com.au</a>
	<b>Redlands</b>	Vacant		(no team in competition in 2019/20)
	<b>Seaforth</b>	Stephen Baldwin	0425 834 212	<a href="mailto:stephenbaldwin@gmail.com">stephenbaldwin@gmail.com</a>
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	<b>St Pius X</b>	Anthony Nicey	0406 747 741	<a href="mailto:anicey@probuild.com.au">anicey@probuild.com.au</a>
	<b>Wakehurst</b>	Deanne Hutt		<a href="mailto:deannehutt@gmail.com">deannehutt@gmail.com</a>

## 2. Life Members

Bob Lind *	Michael Pawley
Tony Pecar	David Quarford
Bob Rollins	Peter Tasker *
Ron Watkins *	Ted Lindsay
Tony Sullivan	Vicki Carden
Ross Denny	Errol Cranney
Danny LeMoy	Ross Trewartha
* Deceased	



### 3. Summary of Rule Amendments implemented this Season

The following key updates to the Rules and Guidelines have been made this season:

#	Affected Section(s) <i>(click on link below)</i>	Brief Description
1.	Committee and Office Bearers	Updated MWJCA roles and Club representatives
2.	Appendix 1 2019/20 Age Groups	Updated for 2019/20
3.	Appendix 2 Club Championship Criteria	Clarity on Stage 1 CC points and overall tie-breaker



## 4. The Spirit of Cricket

### Taken from the MCC's Laws of Cricket October 2017

Cricket is a game that owes much of its unique appeal to the fact that it should be played not only within its Laws but also within the Spirit of the Game.

Any action which is seen to abuse this spirit causes injury to the game itself. The major responsibility for ensuring the spirit of fair play rests with the captains.

#### 4.1 There are two Laws which place the responsibility for the team's conduct firmly on the captain.

##### Responsibility of captains

The captains are responsible at all times for ensuring that play is conducted within the Spirit of the Game as well as within the Laws.

##### Player's conduct

In the event of a player failing to comply with instructions by an umpire, or criticising by word or action the decisions of an umpire, or showing dissent, or generally behaving in a manner which might bring the game into disrepute, the umpire concerned shall in the first place report the matter to the other umpire and to the player's captain, and instruct the latter to take action.

#### 4.2 Fair and unfair play

According to the Laws the umpires are the sole judges of fair and unfair play.

The umpires may intervene at any time and it is the responsibility of the captain to take action where required.

#### 4.3 The umpires are authorised to intervene in cases of:

- Time wasting
- Damaging the pitch
- Dangerous or unfair bowling
- Tampering with the ball
- Any other action that they consider to be unfair

#### 4.4 The Spirit of the Game involves RESPECT for:

- Your opponents
- Your own captain and team
- The role of the umpires
- The game and its traditional values

#### 4.5 It is against the Spirit of the Game:

To dispute an umpire's decision by word, action or gesture

To direct abusive language towards an opponent or an umpire

To indulge in cheating or any sharp practice, for instance:

(a) to appeal knowing that the batsman is not out

(b) to advance towards an umpire in an aggressive manner when appealing

(c) to seek to distract an opponent either verbally or by harassment with persistent clapping or unnecessary noise under the guise of enthusiasm and motivation of one's own side

#### 4.6 Violence

There is no place for any act of violence on the field of play.

#### 4.7 Players

Captains and umpires together set the tone for the conduct of a cricket match. Every player is expected to make an important contribution to this.



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The players, umpires and scorers in a game of cricket may be of either gender and the Laws apply equally to both.

The use, throughout the text, of pronouns indicating the male gender is purely for brevity. Except where specifically stated otherwise, every provision of the Laws is to be read as applying to women and girls equally as to men and boys.



## 5. Code of Conduct

MWJCA have adopted the following Codes of Conduct for all its stakeholders. These have been adapted from Cricket Australia's "[Well Played: Australian Cricket's Playing Policies and Guidelines](#)".

The following codes of behaviour identify a selection of key principles upon which coaches, teachers, umpires, parents and players should base their cricket involvement. The codes ensure that participants develop good sporting behaviours and an inherently positive cricket experience, which encourages them to remain involved in cricket throughout their lives.

### 5.1 Players

- Participate for your own enjoyment and benefit, not just to please parents, teachers or coaches.
- Play by the rules and within the spirit of the game outlined above. Shake hands with your opposition and officials after the game.
- Never argue with an umpire. If you disagree, have your captain, coach or manager approach the umpire in an appropriate manner during a break or after the game.
- Control your temper. Verbal abuse of officials and sledging other players, deliberately distracting or provoking an opponent are not acceptable or permitted behaviours in cricket or any sport. Abuse of equipment or displays of bad temper is not acceptable or permitted.
- Work equally hard for yourself and your teammates. Your team's performance will benefit and so will you.
- Be a good sport. Applaud all good plays whether they are made by your team or the opposition.
- Treat all participants in cricket as you like to be treated. Do not bully or take unfair advantage of another competitor.
- Cooperate with your coach, teammates and opponents. Without them there would be no competition.
- Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion.

### 5.2 Parents and Guardians

- Do not force an unwilling child to participate in cricket.
- Remember, children are involved in cricket for their enjoyment, not yours.
- Encourage your child to play by the rules.
- Focus on the child's efforts and performance rather than winning or losing.
- Never ridicule or yell at a child for making a mistake or losing a game.
- Remember that children learn best by example. Appreciate good performances and skilful play by all participants.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Respect officials' decisions. Teach children to do likewise.
- Show appreciation for volunteer coaches, officials and administrators. Without them, your child could not participate.
- Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion.

### 5.3 Coaches and Managers

- Remember that young people participate for pleasure and winning is only part of the fun.
- Remember, children are involved in cricket for their enjoyment, not yours.
- Never ridicule or yell at a young player for making a mistake or not coming first. Teach children that an honest effort is as important as victory, so that the result of each game is accepted without undue disappointment.

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- Be reasonable in your demands on players' time, energy and enthusiasm.
- Operate within the rules and Spirit of Cricket and teach your players to do the same.
- Ensure that the time players spend with you is a positive experience.
- Avoid overplaying the talented players – all young players need and deserve equal time, attention and opportunities.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of all players.
- Display control and respect to all those involved in cricket. This includes opponents, coaches, umpires, administrators, parents and spectators. Encourage your players to do the same.
- Show concern and caution toward sick and injured players. Follow the advice of a physician when determining whether an injured player is ready to recommence training or competition.
- Obtain appropriate qualifications and keep up-to-date with the latest cricket coaching practices and principles of growth and development of young people.
- Any physical contact with a young person should be appropriate to the situation and necessary for the player's skill development.
- Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion.
- Coaches to obtain appropriate qualifications and keep up to date with the latest cricket coaching practices and principles of growth and development of young people.
- Ensure you have a sound knowledge of the MWJCA local rules in this document which are made specifically for the MWJCA competition.

### 5.4 Umpires and Officials

- In accordance with Cricket Australia guidelines, modify rules and regulations to match the skill levels and needs of young people.
- Compliment and encourage all participants.
- Be consistent, objective and courteous when making decisions.
- Condemn unsporting behaviour and promote respect for all participants.
- Emphasise the spirit of the game rather than the errors.
- Ensure you have a sound knowledge of the MWJCA local rules in this document which are made specifically for the MWJCA competition.
- Encourage and promote rule changes which will make participation more enjoyable.
- Keep up-to-date with the latest available resources for umpiring and the principles of growth and development of young people.
- Be a good sport yourself - actions speak louder than words.
- Remember, you set an example and need to be a positive role model. Your behaviour and comments should be positive and supportive.
- Place the safety and welfare of participants above all else.
- Give all people a 'fair go' regardless of their gender, ability, cultural background or religion.
-

## 6. The Laws of Cricket

The MWJCA plays under the Laws of Cricket as owned by the MCC and administered by the ICC. Unless otherwise specified under sections 6 to 12 of this document as MWJCA Competitions Rules and Guidelines, the Laws of Cricket (2017 Code) shall be followed.

The MCC has been the owner of the Laws of Cricket since the 18th century and continues to be a robust law-maker and guardian of the Spirit of Cricket today. A new Code of the Laws of Cricket has been drafted and approved by the M.C.C. Committee. The Code, to be titled Laws of Cricket 2017 Code will come into force on 1st October 2017 (MWJCA will be adopting these laws from the 2017/18 season). The last time that a new Code of Laws was written was in 2000.

The guiding objectives behind all the changes have been:

- to make the Laws work in a way that makes sense to players, umpires and spectators;
- to make the Laws as easy as possible to understand and interpret for new umpires, particularly those for whom English is not their first language;
- to minimise the likelihood of types of misconduct that have been causing players, and particularly umpires, to leave the game;
- to make the Laws as inclusive as possible to all who might play, umpire or watch cricket.

There are still 42 Laws, although two previous Laws have been deleted, with two additions.

### 6.1 October 2017 Code Update

MWJCA has identified the following significant changes of note to be adopted from the 2017/18 season forward:

- Law 5 - Bat Size
  - Maximum Thickness of 40mm (Previously no limit)
  - Maximum Depth of 67mm (Previously no Limit)
  - SCA to announce a phase-out of bats to ensure they meet this standard - Initial discussions suggest 2-3 years – not to be enforced by MWJCA for 2018/19.
- Law 20 - Use of Helmets
  - If a Helmet is being worn by a player, it shall now be considered part of his playing equipment. This means that if a ball hits a helmet that a player is wearing, the ball shall be deemed live (Previously, the ball would be declared dead if the ball strikes a helmet while it is being worn).
- Law 21/22 - No Ball
  - Any delivery that bounces twice or more before reaching the popping crease shall be called a No-Ball (was previously 3 times or more)
  - If a No-Ball is called and batsman score runs or the ball goes to the boundary without contact with the bat, the runs scored shall be considered Byes plus 1 No-Ball (Previously, all the runs would have been counted as No-Balls)
- Law 24 (Fielders' absence; substitutes)
  - now allows a substitute to keep wicket, with the consent of the umpires.
- Law 25 - Runner for a Batsman
  - If the injured batsman is on strike, the runner for that batsman must stay in his crease until the ball reaches the batsman. A warning will be given on the first instance. After that, 5 penalty runs will be awarded for every offence. (New Rule)
- Law 30 - Run Out
  - If a batsman makes their ground legally and the bat then fails to maintain contact with the crease when the bails are dis-lodged for a run-out shall be deemed as making their ground in the first place and, hence, shall be ruled "Not Out" (Previously, batsman would be given Out)
  - amended to give protection to a running or diving batsman whose bat bounces up after having been grounded beyond the popping crease.

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- Law 36 - LBW
  - If the Bat and Pad of a batsman strikes a ball simultaneously, it shall be deemed that the bat has played the ball first (New Rule, consistent with the benefit of the doubt favouring the batsman).
- Law 37 - Handled the Ball
  - The Handled the ball Law has been deleted, with its contents merged into Obstructing the field, reducing the list of dismissals from ten to nine. This will have no effect on whether a batsman is dismissed; rather, it is just the method of dismissal that might be changed.
- Law 41.3 - Use of Cloth on field
  - Any cloth use for the purpose of protecting a ball from moisture must be approved by an umpire prior to use (New Law)
- Law 41.5 - Mock Fielding
  - Any instances of Mock Fielding shall result in a 5-run penalty (New Rule)
- Law 41.7.1 – No Ball Full toss
  - Any delivery, which passes or would have passed, without pitching, above waist height of the striker standing upright at the popping crease, is to be deemed dangerous and unfair, whether or not it is likely to inflict physical injury on the striker. If the bowler bowls such a delivery the umpire shall immediately call and signal No ball.
- Law 41.8 - Deliberate No-Ball
  - Any instances of bowlers deliberately bowling front-foot No-Balls shall result in the bowler being immediately pulled from bowling for the duration of the match and a report shall be submitted against the bowler (New Rule)

### 6.2 April 2019 Code Update

In 2017, MCC published a new Code of Laws, which incorporated the most wide-ranging and ambitious alterations to the Laws of Cricket for almost two decades. The Code has been well-received, and had a positive impact on cricket the world over. However, over the last two years, some issues have emerged, and so MCC has produced a second edition, which will come into force on 1st April 2019.

There are a few significant changes. First, the decision was taken to rework Law 41.7, which relates to full-pitch deliveries over waist height (known colloquially as 'beamers'). MCC listened to significant feedback and has handed more control to umpires to determine whether a delivery is dangerous. Also relevant to that Law, and at the behest of umpires, MCC has for the first time put into the Laws a definition of the waist – something that has long-since been a point of contention, particularly in the recreational game.

There is also a slight change to Law 41.16, which should further confirm the principle, established in the 2017 Code, that it is the non-striker's duty to remain in his/her ground until the bowler has released the ball. The other most notable alterations come in Laws 34 and 37, where the scenarios of hitting the ball twice, and obstructing a catch, after a delivery has been called a No ball, have been addressed.

- Change to Law 41.7 - Bowling of dangerous and unfair non-pitching deliveries

As is already the case with short-pitched bowling, the umpire will now decide whether a full-pitched delivery is dangerous, based on various factors such as the ball's speed, direction, repetition, and the ability of the batsman.

There is no longer a 'catch-all', but umpires are required to use their best judgement to determine whether it is dangerous. If it is dangerous, it will lead to a first and final warning. If not, it will still be a No ball, but there will be no warning.

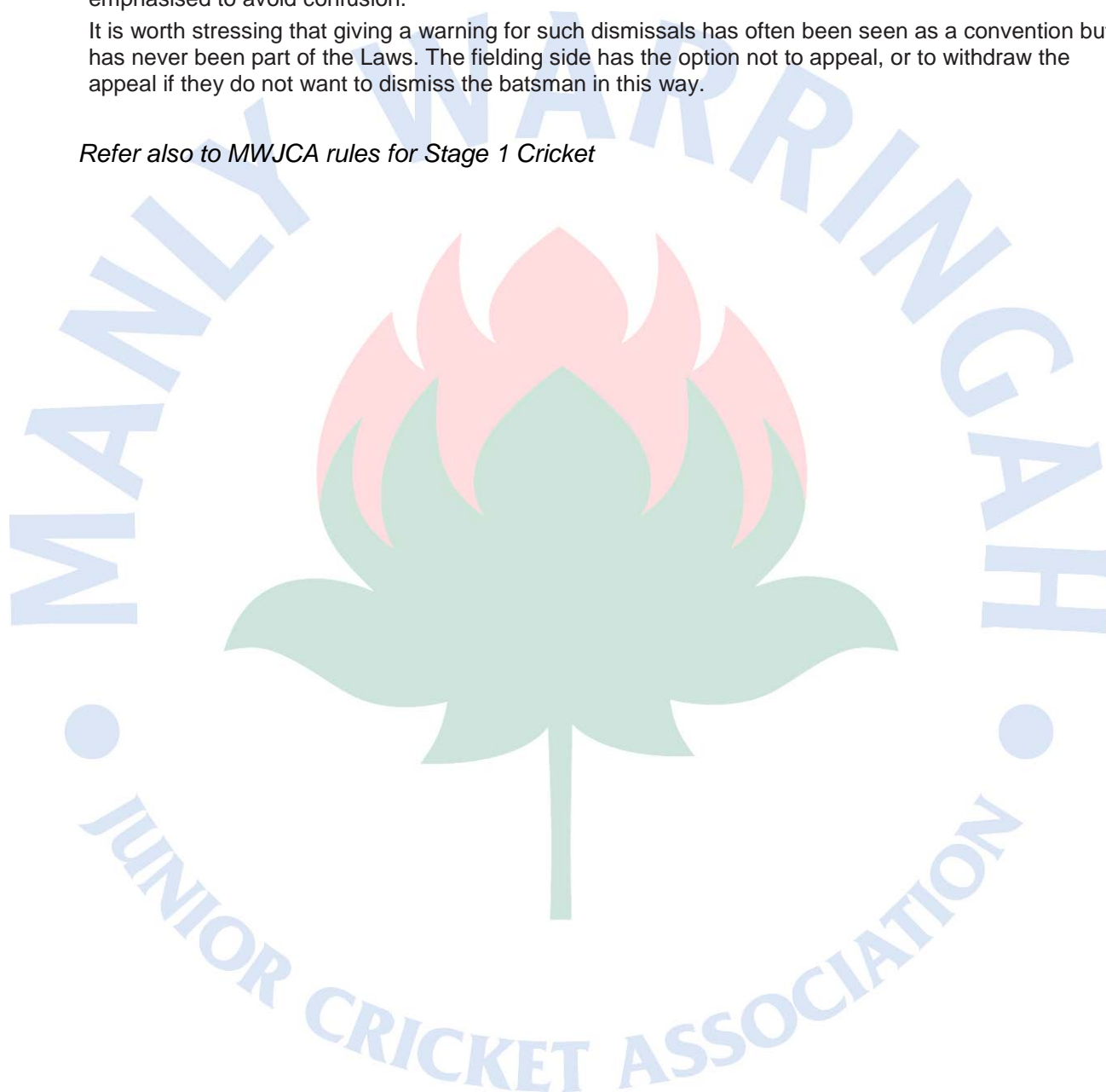
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- Change to Law 41.7 - Non-striker leaving his/her ground early

Although there are some valid arguments for not allowing dismissals of this sort, MCC felt that it would be wrong to carve out an exception in these circumstances for a fundamental principle that a batsman can be Run out if the wicket is put down when he/she is out of his/her ground. Furthermore, the Law emphasises the importance of the non-striker remaining in his/her ground until the ball is released, which is felt to be important. With TV now potentially ruling that a batsman has made his/her ground by millimetres, it seems wrong to allow them a head-start of sometimes several feet in setting off. So, the policy in the Law has not been changed but rather the outcome is being more strongly emphasised to avoid confusion.

It is worth stressing that giving a warning for such dismissals has often been seen as a convention but has never been part of the Laws. The fielding side has the option not to appeal, or to withdraw the appeal if they do not want to dismiss the batsman in this way.

*Refer also to MWJCA rules for Stage 1 Cricket*



## 7. MWJCA GIRLS Competition Rules Common to All Age Groups

All games are played under the [Laws of Cricket](#) (2017 code) and the MWJCA Girls Competition Rules and Guidelines (this document). These are local MWJCA adjustments to some of those laws.

This section represents rules and guidelines common to all age groups. Information on each of the age groups is summarized in the table below:

Age Group	Division	Applicable Section of this Document <i>(click on link)</i>	Format of games
Master Blaster (T20 Blast)	N/A	<b>Under 8/9 (Master Blaster) Cricket Rules</b>	All games for the Master Blaster age group will be played as "Average" Cricket. <i>There is <b>no formal competition</b> for the Master Blaster age group and results will <u>not</u> be entered and a competition table will <u>not</u> be kept.</i>
Under 11	All	<b>Under 11 Rules – Club Stage 1</b>	Cricket Australia Junior Format Club Stage 1 – modified ball, 16m pitch, 7 a side, dismissal = 4 runs to bowler <i>Match results must be entered and a competition table will be kept. Individual player statistics may be kept.</i>
Under 13	All	<b>12.2</b>	Cricket Australia Junior Format Stage 2 – 142g leather ball, 18m pitch, 9 a side, out your out <i>Match results must be entered and a competition table will be kept. Individual player statistics will be kept.</i>
Under 15	All	<b>12.2</b>	Cricket Australia Junior Format Stage 2 – 142g leather ball, 20.1m pitch, 9 a side, out your out <i>Match results must be entered and a competition table will be kept. Individual player statistics will be kept.</i>

### 7.1 Players, Parents, Officials and Supporters

- The aim of the Saturday morning competition is to give all participants, as much as possible, equal opportunity. Players of better than "average" ability are catered for by way of representative cricket, specialised intensive coaching etc.
- All participants should take time to read the **Code of Conduct** section of this document. These codes of behaviour identify a selection of key principles upon which coaches, teachers, umpires, parents and players should base their cricket involvement.
- MWJCA is concerned about bad sportsmanship, abuse and time wasting. The rules of the competition have been framed to endeavour to overcome these problems and the Committee will view seriously, any attempts to circumvent these rules.
- Bad sportsmanship and abuse cannot be controlled by rules and regulations and it must be the responsibility of Clubs and Managers to maintain a satisfactory level of discipline in their teams.

## 7.2 Dress

- It is essential that standard cricket attire be worn on the cricket field by players at all times, i.e. white or cream cricket trousers or shorts, white or cream shirt or MWJCA approved Club Shirt, white or cream jumper\*\* and socks, cricket boots or sand shoes, cricket cap or sunhat (preferably Club headwear). A sponsorship logo may be worn on the arm or front chest of the cricket shirt. Clubs must seek approval from the MWJCA for any variation on the white or cream shirt, or approved Club shirt or trousers prior to the start of the season.

\*\*Fielders may wear club hoodies or jumpers but must remove before bowling.

- If any registered player does not comply with the above their Club is liable for the following:
  - First Offence - a fine of \$20 per team.
  - Second Offence - a fine of \$60 per team and possible suspension.
- Managers have the right to refuse to let players either bat, bowl or field in front of square if they are not correctly attired in the accepted cricket gear.

## 7.3 Sledging, bad language, personal attacks and vilification on base of race/gender/sexual orientation

- No person who is participating in a match under this Association shall engage in any conduct, act towards or speak to any other person in a manner which offends, insults, humiliates or vilifies such person on the basis of that person's race, religion, colour, descent, ethnic origin or sexual orientation.
- Sledging, bad language, personal attacks and vilification on base of race/gender/sexual orientation will not be tolerated and any team or individual found guilty of the offence is liable to the following:
  - Individual or team suspension.
  - Loss of competition points
- Please also refer to the **Code of Conduct** section of this document.
- Teams are encouraged to report poor or inappropriate behaviour via their Club. The occurrence and possible further action can then be addressed Club to Club or with the Association.

## 7.4 Award Eligibility

- Any player that is suspended or fined (team points loss or financially) by their Club or by the Association will be ineligible for individual Association awards for the season within which the suspension or fine occurred.
- Should a parent be suspended or fined by Club or Association this will not initially impact the eligibility of their child for individual awards. The Association reserves the right to reconsider this position based on both severity of parental offence and repetition of behaviour.

## 7.5 Reserves

- A Division 1 player may not play in Division 2 in the same age group or lower age group to what they usually play other than filling in as a fielder or wicket-keeper without prior approval from the MWJCA Executive Committee.

*For example an U11 age player who usually plays U13 Div 1 may not play U11 Div 2 without prior approval from the MWJCA Executive.*

- Clubs having teams in both divisions of the one age group may only play a Division 2 player in Division 1 for 3 matches after which that player may not play Division 2 except with the consent of the MWJCA Executive Committee.
- Similarly, if a club has more than one team in the same Division, players may not be interchanged without the consent of the Executive Committee.



## 7.6 Transfers

- A player registered with a Club and having played 1 or more games for that Club must not transfer to another Club in the same season without the Consent of the Executive Committee or Management Committee. In determining such an application, the Committee is to receive clearance for the transfer from the original Club the player was registered. Note: Transfer of players with representative status and the like is to be avoided except in exceptional circumstances agreed to by the Executive Committee or Management Committee.

## 7.7 Modes of Competition

- The Executive Committee shall use its best endeavours to observe the following guidelines in preparing the competition format each year:
  - Enforce a deadline for team nominations.
  - Where ten (10) or more teams are nominated in a particular age group, grade the teams into stronger and weaker divisions based on the previous seasons results. Any new teams will go into the weaker division.
  - Allow clubs to have only one team in a division one competition unless the previous seasons results show that more than one team should play division one.

## 7.8 Substitutes

- Substitutes are allowed in all cricket games but in traditional cricket games, they cannot bat or bowl, however they may wicket-keep.

## 7.9 Assistance on the Field Of Play

- In Under 11's to Under 13's matches, a manager or coach may give advice to players, i.e. to batsmen and bowlers and regarding field placements but only when the ball is DEAD, not during play.
- In Under 15's and higher grades, a manager or coach cannot give advice to players on the field. Normal rules of cricket apply.

## 7.10 Drinks and Hot Weather

- On particularly hot days, "drinks" breaks may be taken at the discretion of the managers, and the days play extended as discussed in the age specific rules. Here common sense and the welfare of the players is the overriding factor in the decision making. Extra time is not added for the drinks breaks.
- While matches in Master Blaster (90 mins or less) and Club Stage 1 and 2 are of a shorter duration, the welfare of the players is the overriding factor and drinks breaks should be taken at the discretion of team officials.
- If the forecast temperatures are deemed to be excessive, the entire round may be called off prior by MWJCA Competition Management. All Clubs will be communicated to directly, and a notice will be placed on the MWJCA Website.

## 7.11 Male Players in Girls competition

- Male players are not permitted to play in MWJCA Girls Competitions.

## 7.12 Procedure on Playing Day

- Teams must arrive at the ground at least 20 minutes before the match is due to commence so that the boundary and wickets can be set to allow play to start on time.
- All requirements in the "[MWJCA Safety Policy](#)" must be adhered to.

## 7.13 Safety, Sun and hydration

- Parents and guardians have the responsibility for their own children when attending games. Do not leave your children unattended unless arrangements have been made with another parent/guardian.

## Issue B

- All players must be made aware of sun protection, hats, lotions and protective clothing. It is up to the coach to explain the importance of slip, slop, slap and the responsibility of parents and guardians to enforce it. Apply SPF30+ at least 30 minutes before going out in the sun, and reapply at regular intervals, wear sunglasses that meet Australian Standards guidelines and stand or rest in the shade whenever possible.
- Parents and guardians must ensure that their children have an adequate supply of water or other drink for the duration of the game.
- ALL equipment should be checked for damage (cracks, splits, etc) prior to play.
- All trees, car parks, roofs of change rooms, and other dangerous areas are OUT OF BOUNDS at ALL times.

### 7.14 Protective Equipment - Batters

Each batsman is required to wear protective equipment. This equipment is **compulsory** (except in Junior Blaster and Master Blaster) and must be worn regardless of age, experience or skill – batting pads (both legs), batting gloves and a properly adjusted helmet with full face guard.

### 7.15 Protective Equipment – Wicket-Keepers

The wicket-keeper must wear protective equipment at all times during a game (except in Junior Blaster and Master Blaster).

In the U11 to U13 age groups, all wicket-keepers **MUST** wear a properly adjusted helmet with full face guard, regardless of the type of bowler they are keeping to or their position behind the stumps.

In U15, if the wicket-keeper is standing up to the stumps (or within 2 metres of the stumps) for any type of bowler, then they must wear a helmet. In the U15 age groups, wicket-keepers standing over 2 metres from the stumps are not required to wear helmets unless in the opinion of the Umpires it is unsafe for them not to.

### 7.16 The Ground

- Matches must be played on the pitch or field allocated in the draw. Should weather make the pitch or pitch area unplayable, the match may NOT be played elsewhere by private arrangement between Managers.
- Team managers or a nominated adult from the home team is to ensure that an inspection of the playing field and surrounds is conducted prior to the commencement of the game and that the "[Game Day Checklist](#)" is completed.

### 7.17 The Pitch

- All pitches should be inspected by team officials before the commencement of play and any alterations be agreed to by both teams.
- Pitches may be swept prior the commencement of a match/innings to remove dirt and other debris from the pitch. The sweeping of a pitch is also permissible during an innings if the state of the pitch becomes hazardous during that innings. Either a broom or blower is permissible for this purpose.
- **UNDER NO CIRCUMSTANCES ARE UNAUTHORISED WORKS TO BE CONDUCTED AROUND THE PITCH IN ORDER TO REMOVE WATER. SUCH WORK WOULD INCLUDE THE DIGGING OF TRENCHES ETC TO ALLOW WATER TO DRAIN AWAY.**
- Managers or Coaches must agree that the ground is fit for play. This may be done by inspection or by telephone if it is obvious that play cannot commence.
- Pitches may have creases marked for Stage 2 and Stage 1 using survey spray paint as follows:
  - Stage 1 – 16m pitches – Dark Blue spray paint is to be used to mark at one end a return crease and popping crease.

## Issue B

- Stage 2 – 18m pitches – Yellow spray paint is to be used to mark popping creases 1.2m from the existing popping creases at both ends.

### 7.18 Setting the Field

- Teams must provide a string line to measure boundary distance and each team must provide sufficient markers to define at least half the boundary circumference (no flags are to be used as markers).
- Each team must set out half the boundary.

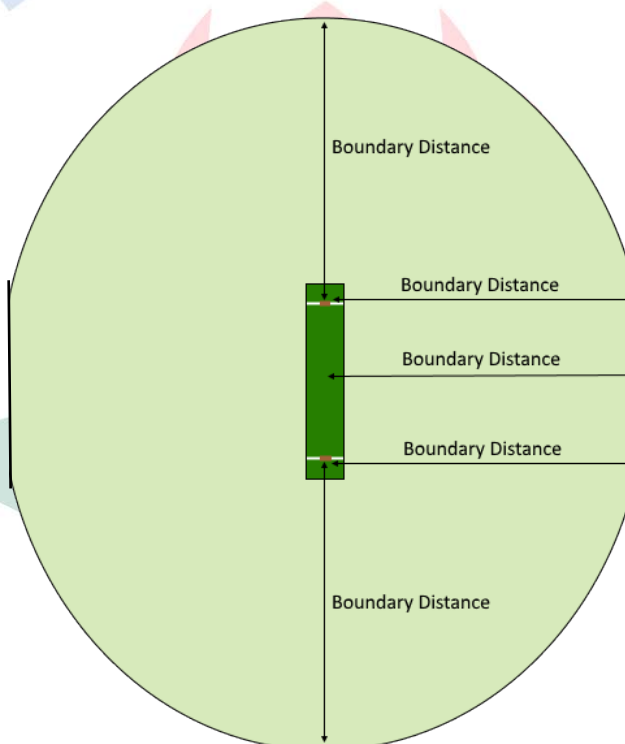


## 7.19 Boundary Length

- Boundary distances shall be as follows:

Age Group	Boundary distance	Boundary measured from
Master Blaster	See <b>Under 8/9</b> (Master Blaster) Cricket Rules	Batting end stumps only
U11 – Stage 1	<b>30 metres</b>	Batting end stumps only
U13 – Stage 2	<b>35 metres</b>	From the centre line of the pitch
U15 – Stage 2	<b>40 metres</b>	From the centre line of the pitch

- For Under 13 and up, boundaries are measured from the stumps at each end and the centre line of the pitch between wickets.



**Figure: For Under 13 and up the boundary is measured as per the diagram above**

- Where markers are used to define the boundary (and therefore there is no physical marker for a section of boundary between consecutive markers), the boundary edge shall be the imaginary straight line on the ground from the innermost edges of one marker to the next. This is illustrated in the diagram below.
- If an object (e.g. tree, goal post) is close to the boundary or within the boundary then the boundary must be placed in a safe position closer to the cricket pitch (coaches must agree to this).

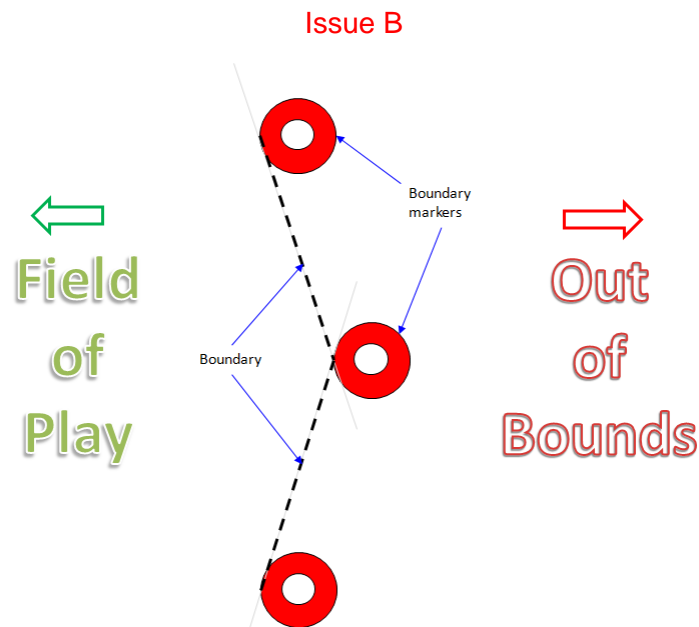


Figure: The boundary edge shall be the imaginary straight line on the ground from the innermost edges of one marker to the next

## 7.20 Forfeits and Claims

- Protests and claims for forfeits must be telephoned or emailed to the Secretary of the association IMMEDIATELY the match concludes. The protest or claim for forfeit must be confirmed in writing by the Club Secretary within 48 hours to be awarded maximum points scored in that round. The letter must be sent to the Association Secretary.

## 7.21 Wet Weather

- The Association or Council does NOT cancel games due to WET WEATHER. All such decisions are to be made by TEAM OFFICIALS on the day. In the case of the Managers or Coaches not being able to reach agreement due to rain or pitch and general ground conditions teams must remain at the ground until one hour after the allotted start time – e.g. 9.00 am for an 8:00am normal start. If after this time conditions have not improved play may be called off for the day. The competition secretary may be contacted to help make the decision.
- In the event of a THUNDER STORM in the vicinity it is the responsibility of the Managers or Coaches to see that ALL players leave the field and obtain shelter. It is hoped that common sense and the player's safety are the main considerations when decisions on wet weather play are taken.
- The 30/30 rule is to be used if uncertain i.e.: if you see lightning you count in seconds until you hear the thunder, if the thunder is heard within 30 seconds of the lightning you should abandon the game for at least 30 minutes or until the storm has passed.

## 7.22 Umpires

- On request, the Association may run a Special Basic Rules/Scoring Course at the start of the season to ensure that the rules under which the MWJCA play are understood by Coaches, Managers and Umpires. All Clubs may send as many coaches or managers they want to have attend.
- Qualified Umpires and those certified by the MWJCA may elect to officiate at the bowler's end only. The Managers of both teams must be advised prior to the start of the game, and the opposing team's umpire shall officiate at the square leg position only.
- The executive of MWJCA has the right to appoint an umpire to a game if requested by a club. The club will pay the cost of the umpire.

## 7.23 Wide

- The Umpire shall call and signal "wide":
  - If a bowler bowls a ball so HIGH or so WIDE as to be out of the batsman's reach in his NORMAL GUARD POSITION (a ball should not be called "wide" until it has been taken by or passes the wicket-keeper).
- A sundry is added to the score and an extra ball is to be bowled (extra ball not bowled for Master Blaster and Club Stage 1 (U11)) - Refer to playing rules for these age groups).

## 7.24 No Ball

- The Umpire shall call and signal "no ball":
  - If a ball when bowled LANDS OFF THE PITCH AREA before passing the batters stumps.
  - Bowling of high full pitched balls:
    - As per Law 41.7 of the Laws of Cricket, if a bowler bowls a FULL PITCHED BALL which passes, or would have passed, the batsman ON THE FULL ABOVE WAIST HEIGHT in his NORMAL GUARD POSITION.
  - Bowling of fast short pitched balls:
    - If a FAST SHORT PITCHED BALL passes the batsman above SHOULDER HEIGHT in his NORMAL GUARD POSITION.
  - If a bowler, in his delivery stride, does not have some part of his FRONT FOOT whether GROUNDED or RAISED behind the POPPING CREASE
  - If the number of ON-SIDE fieldsmen BEHIND the POPPING CREASE at the instant of the bowlers delivery exceeds TWO (2).
  - BALL BOUNCING - A ball which bounces more than once before it reaches the popping crease is a "no ball". *Note that a rolling ball is a no ball and a ball that becomes stationary is then dead.*
  - For a delivery to be fair in respect of the arm the ball must not be thrown. If, in the opinion of either umpire, the ball has been thrown, he/she shall call and signal No ball and, when the ball is dead, inform the other umpire of the reason for the call. Refer to Law 21 of the Laws of Cricket.
- A penalty of (1) run for a "no ball" shall be scored plus whatever is scored otherwise and an extra ball is to be bowled (extra ball not bowled for U11 - Refer to playing rules for these age groups and formats). **Only the umpire at the bowlers end may call no balls (the umpire may ask for signal assistance from the square leg umpire).**

**NOTE:** There are no No-balls in Master Blaster cricket. Please refer to the **Under 8/9 (Master Blaster)** Cricket Rules for details on how to interpret Wide ball sundries.

**NOTE:** Refer to the "**Wides and No Balls**" section in the **Under 11** Rules for details on Under 10 interpretation of no balls.

## 7.25 Dead Ball and Fielding Restrictions

- If a ball when bowled lands ON THE GRASS ENCROACHING ONTO THE PITCH it is to be immediately called a "dead ball" and no run, or sundry, is to be recorded. An extra ball is to be bowled.
- RESTRICTED ZONE
  - **Up to Under 11;** With the exception of the wicket-keeper and ONE offside slips/gully fieldsmen, **NO PLAYER SHOULD BE POSITIONED WITHIN 15 METRES OF THE BATTER'S POPPING CREASE** (restricted zone)
  - **Under 13 and up;** When a player is required to field in close proximity to the batsman, with the exception of the wicket-keeper and offside slips/gully fieldsmen, **NO PLAYER UP TO AND UNDER THE AGE OF 18 SHOULD BE POSITIONED WITHIN 10 METRES OF THE BATTER'S POPPING CREASE**, (restricted zone)

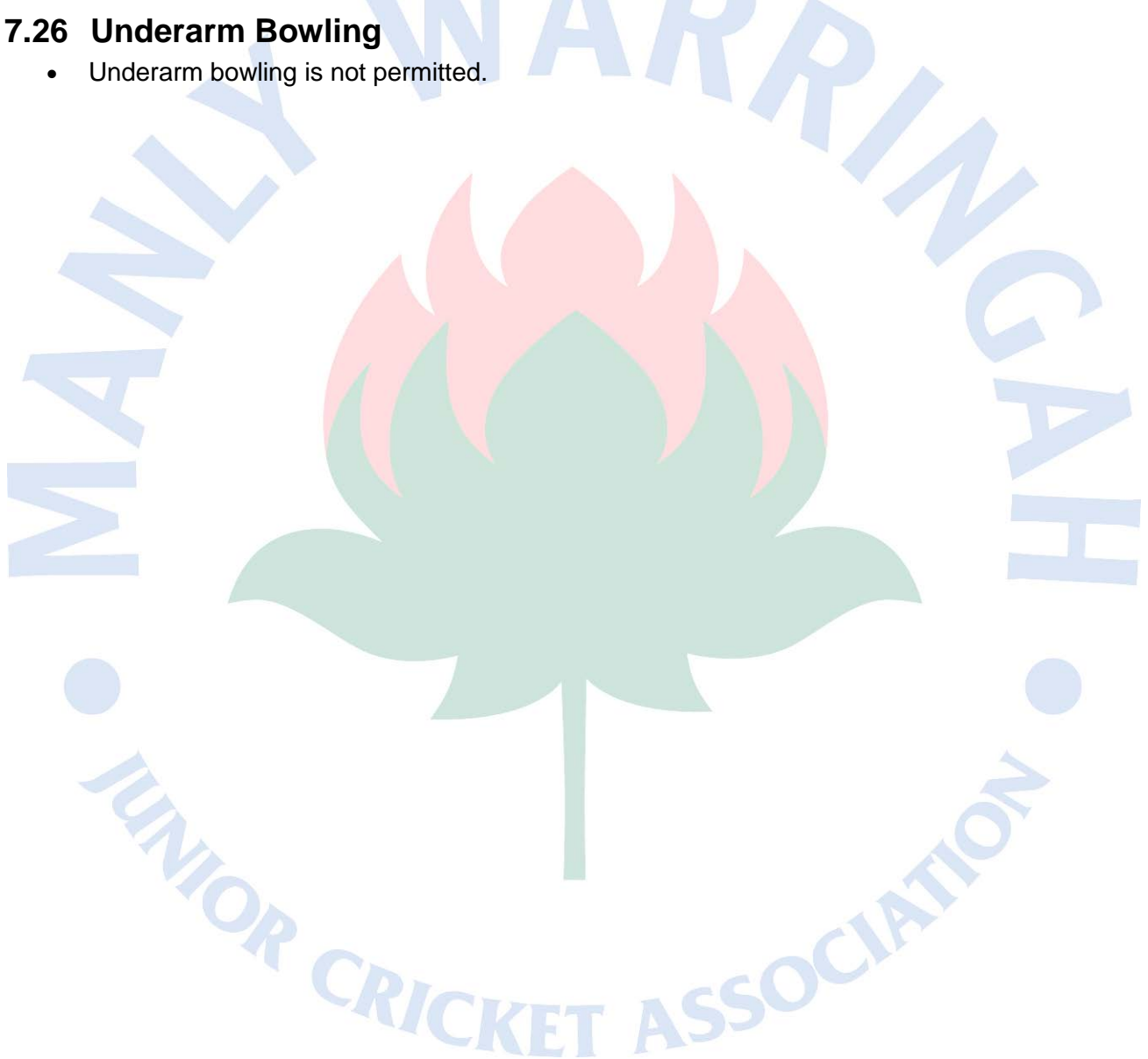
## Issue B

- Therefore for players playing in competitions up to and including Under 18 age divisions, **NO PLAYER** (with the exception of the wicket-keeper and offside slips/gully fieldsmen), **SHOULD BE POSITIONED WITHIN 10 METRES OF THE BATTER'S POPPING CREASE** (restricted zone)
- No player is permitted to enter the 'restricted zone' until after the ball:
  - Is hit by the batter; or
  - Strikes the body or equipment of the batter; or
  - Passes through to the wicket-keeper.

If players enter this restriction zone, the Umpire must signal and call a 'dead ball' and no run, or sundry is to be recorded. The delivery shall then be re-bowled.

### 7.26 Underarm Bowling

- Underarm bowling is not permitted.



## 7.27 Scoring and Recording of Results

### 7.27.1 After Each Match

- a) For all formats and age groups (with the exception of Master Blaster) Team managers must enter the results AND player statistics on the Association's MyCricket site by 5pm the Friday following the completion of the match.
- b) If results are not entered on time then the offending team's club may be fined \$20 for 1<sup>st</sup> offence, \$50 for 2<sup>nd</sup> offence, and \$100 for 3<sup>rd</sup> and subsequent offences in a season. Invoices will be issued to Clubs. Fines are levied for each of a club's teams which submit late results.

### 7.27.2 Suggestions

- a) Do these tasks immediately the match/season ends. If you leave it, they will become much more tedious and difficult for you and the officials of your Club and MWJCA whose job it is to prepare this information for publication and arrange for trophies etc.

### 7.27.3 Scorers

- a) Score books MUST be completed in detail.
- b) Ensure that on EACH PAGE, in addition to scoring details, you complete:
  - o Round Number
  - o Date
  - o Opponents
  - o Ground
  - o Innings
  - o Starting Time
  - o Interruptions to Playing Time

### 7.27.4 Match Points

- a) **Master Blaster** – no competition points allocated.
- b) **U11, U13 and U15**

Result	Points allocated
WIN	5 points
LOSS	1 point
TIE	3 points
MATCH DRAWN / ABANDONED	3 points
WON ON FORFEIT	5 points
LOST ON FORFEIT	0 points

- c) Games WASHED OUT before a result is reached shall be regarded as a DRAW with result entered as "MATCH ABANDONED".

### 7.27.5 Bye

- a) To calculate the points received for a bye, the total points received for the full season are divided by the maximum number of points a team may achieve, multiplied by one hundred. This percentage shall be applied to the maximum points available in a match. The final figure shall be awarded to the teams total for the bye. If all teams have the same number of byes in a competition, then byes are worth 0 points.

Example:

- o A team plays 9 games with 1 bye
- o They score 63 points from a maximum of 90 points
- o  $63 \div 90 \times 100 = 70\%$
- o 10 points are possible for each game, therefore  $70\% \text{ of } 10 = 7 \text{ points}$
- o Total points for the season are  $63 + 7 = 70 \text{ points}$



## 8. Cricket Balls Girls Competition

The following list of cricket balls is the required ball for each age / division playing Girls cricket in the Manly Warringah Junior Cricket Association. These balls have been selected by club delegates at various AGM's over many seasons and have been approved by the Association (club Delegates) at those meetings.

Cricket balls used for Master Blaster, Under 10 and Under 11 have their own unique ball. All other team balls must be of leather and approved by the Association to maintain uniformity.

All leather balls must be two piece and weigh 142gm as listed in table below:

Age Group	Division	Weight	Brand Name	Colour	Options
Master Blaster	N/A	N/A	<b>MASTER BLASTER</b>		Balls supplied by Cricket NSW
Under 11	All	N/A	<b>KOOKABURRA</b>	Red	<b>Kookaburra Rookie / Star</b>
Under 13	All	142gm	<b>KOOKABURRA</b>	Pink on trial 2019/20 (Red)	Two-piece leather Jaffer, Red King, Practice, Tuf Pitch, Special Test, Zenith
Under 15	All	142gm	<b>KOOKABURRA</b>	Pink on trial 2019/20 (Red)	Two-piece leather Jaffer, Red King, Practice, Tuf Pitch, Special Test, Zenith

## 9. Bowling Restrictions

### 9.1 Pace Bowling Restrictions

Guidelines for bowling restrictions for **pace** bowlers to assist in the prevention of injury to young fast bowlers have been recommended by Cricket Australia and adapted by the NSW DCA. The MWJCA have adapted the NSW DCA pace bowling restrictions for the MWJCA competition.

- **The restrictions are shown below - In circumstances where the pace bowler is playing in an age group older than that to which they qualify, the restrictions apply to his/her own chronological age, rather than the age group.**
  - Example: if you are an under 12 aged player playing in the under 13 age group you are only permitted to bowl:
    - 4 overs in a spell
    - 8 overs in an innings.
- No medium-pace or faster bowler shall be permitted to bowl more than the number of overs in a spell, innings and a days' play in the MWJCA competition as set out below:

	Player's Age at 31st August								
	U10	U11	U12	U13	U14	U15	U16	U17	U18
<b>Maximum Overs Per Spell</b>	4	4	4	4	4	4	4	4	4
<b>Maximum Overs Per Innings</b>	4	4	4	4	4	4	4	4	4
<b>Maximum Overs Per Day in MWJCA Competition</b>	8	8	8	10	10	10	12	12	12

- It is the coach's responsibility to ensure that all "spells" between overs and other bowling rules, restrictions and safety precautions apply and are adhered to.
- Following any spell of bowling (that is, for any spells of 2 or more overs in duration), a pace bowler must be rested for double the number of overs he/she bowled.

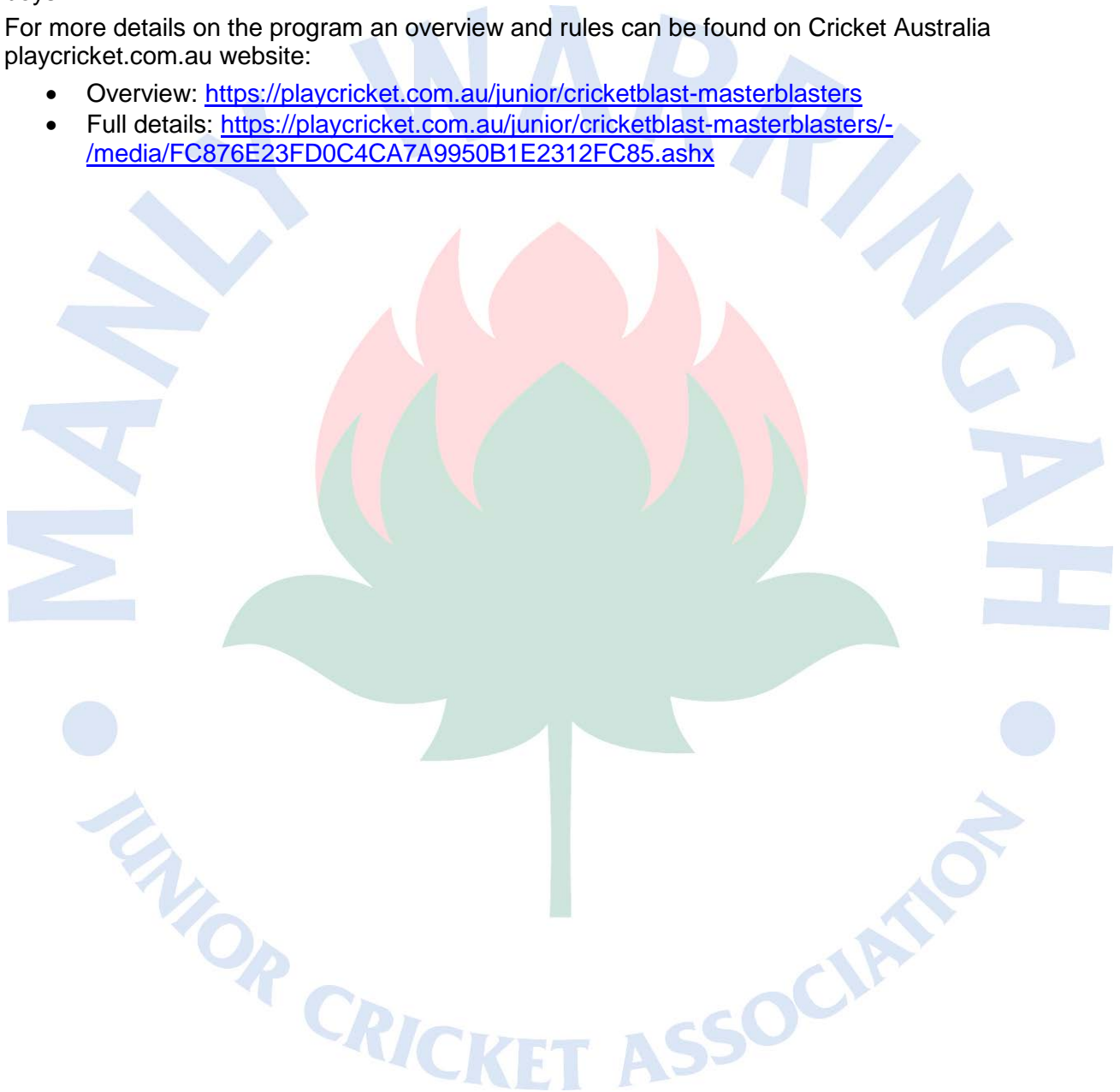
## 10. Under 8/9 (Master Blaster) Cricket Rules

The Master Blaster program has been developed by Cricket Australia to be a fun and exciting form of cricket that is used for first time players. MWJCA use this program for our U8/U9 age groups. The games are played at a number of venues across the Northern Beaches within our existing club structure.

Games are played on both Friday nights and Saturday mornings and available for both girls and boys.

For more details on the program an overview and rules can be found on Cricket Australia playcricket.com.au website:

- Overview: <https://playcricket.com.au/junior/cricketblast-masterblasters>
- Full details: <https://playcricket.com.au/junior/cricketblast-masterblasters/-/media/FC876E23FD0C4CA7A9950B1E2312FC85.ashx>



# 11. Under 11 Rules

## Cricket Australia Junior Format Stage 1

### Introduction

The Australian Cricket Junior Formats have delivered outstanding results and have proven to provide a far better playing and learning experience for boys and girls early in their cricket journey.

Cricket Australia's evidence confirms the players face more balls, can play more shots in more areas, get more wickets and field far more than a traditional 11 a side, full-length pitch formats.

From 2018/19 the MWJCA will adopt the Cricket Australia Club Stage 1 formats for Under 11 Girls cricket.

The MWJCA's aim of Club Stage 1 cricket is to enable EVERY player to have a chance of success, as well as participating in an enjoyable game. Coaches should be prepared to offer ON THE SPOT coaching/assistance when the need arises – this also includes **encouragement** and **reinforcement**.

This should not, however, add to the length or duration of play. In accordance with Cricket Australia guidelines, players up to the age of 14 years should not participate as designated batters/bowlers or wicket-keepers, but these roles should be rotated fairly and equally throughout the team to enable them to develop as cricketers and reach their full potential later in their playing life.

Note: The Sixers Girls Cricket League Playing Conditions 2018-19 Junior Stage 1 Rules are attached at Appendix 2 for reference. The rules and guidelines in the body of this documents take precedence for Junior Format Stage 1.

### The Laws of Cricket

The MWJCA plays under the Laws of Cricket as owned by the MCC and administered by the ICC. Unless otherwise specified under sections 6 to 12 of this document as MWJCA Competitions Rules and Guidelines, the Laws of Cricket (2017 Code) shall be followed.

The MCC has been the owner of the Laws of Cricket since the 18th century and continues to be a robust law-maker and guardian of the Spirit of Cricket today. A new Code of the Laws of Cricket has been drafted and approved by the M.C.C. Committee. The Code, to be titled Laws of Cricket 2017 Code will come into force on 1st October 2017 (MWJCA will be adopting these laws from the 2017/18 season). The last time that a new Code of Laws was written was in 2000.

The guiding objectives behind all the changes have been:

- to make the Laws work in a way that makes sense to players, umpires and spectators;
- to make the Laws as easy as possible to understand and interpret for new umpires, particularly those for whom English is not their first language;
- to minimise the likelihood of types of misconduct that have been causing players, and particularly umpires, to leave the game;
- to make the Laws as inclusive as possible to all who might play, umpire or watch cricket.

There are still 42 Laws, although two previous Laws have been deleted, with two additions.

### 11.1 October 2017 Code Update

MWJCA has identified the following significant changes of note to be adopted from the 2017/18 season forward:

- Law 5 - Bat Size
  - Maximum Thickness of 40mm (Previously no limit)
  - Maximum Depth of 67mm (Previously no Limit)
  - SCA to announce a phase-out of bats to ensure they meet this standard - Initial discussions suggest 2-3 years – not to be enforced by MWJCA for 2018/19.

## Issue B

- Law 20 - Use of Helmets
  - If a Helmet is being worn by a player, it shall now be considered part of his playing equipment. This means that if a ball hits a helmet that a player is wearing, the ball shall be deemed live (Previously, the ball would be declared dead if the ball strikes a helmet while it is being worn).
- Law 21/22 - No Ball
  - Any delivery that bounces twice or more before reaching the popping crease shall be called a No-Ball (was previously 3 times or more)
  - If a No-Ball is called and batsman score runs or the ball goes to the boundary without contact with the bat, the runs scored shall be considered Byes plus 1 No-Ball (Previously, all the runs would have been counted as No-Balls)
- Law 24 (Fielders' absence; substitutes)
  - now allows a substitute to keep wicket, with the consent of the umpires.
- Law 25 - Runner for a Batsman
  - If the injured batsman is on strike, the runner for that batsman must stay in his crease until the ball reaches the batsman. A warning will be given on the first instance. After that, 5 penalty runs will be awarded for every offence. (New Rule)
- Law 30 - Run Out
  - If a batsman makes their ground legally and the bat then fails to maintain contact with the crease when the bails are dis-lodged for a run-out shall be deemed as making their ground in the first place and, hence, shall be ruled "Not Out" (Previously, batsman would be given Out)
  - amended to give protection to a running or diving batsman whose bat bounces up after having been grounded beyond the popping crease.
- Law 36 - LBW
  - If the Bat and Pad of a batsman strikes a ball simultaneously, it shall be deemed that the bat has played the ball first (New Rule, consistent with the benefit of the doubt favouring the batsman).
- Law 37 - Handled the Ball
  - The Handled the ball Law has been deleted, with its contents merged into Obstructing the field, reducing the list of dismissals from ten to nine. This will have no effect on whether a batsman is dismissed; rather, it is just the method of dismissal that might be changed.
- Law 41.3 - Use of Cloth on field
  - Any cloth use for the purpose of protecting a ball from moisture must be approved by an umpire prior to use (New Law)
- Law 41.5 - Mock Fielding
  - Any instances of Mock Fielding shall result in a 5-run penalty (New Rule)
- Law 41.7.1 – No Ball Full toss
  - Any delivery, which passes or would have passed, without pitching, above waist height of the striker standing upright at the popping crease, is to be deemed dangerous and unfair, whether or not it is likely to inflict physical injury on the striker. If the bowler bowls such a delivery the umpire shall immediately call and signal No ball.
- Law 41.8 - Deliberate No-Ball
  - Any instances of bowlers deliberately bowling front-foot No-Balls shall result in the bowler being immediately pulled from bowling for the duration of the match and a report shall be submitted against the bowler (New Rule)

## 11.2 April 2019 Code Update

In 2017, MCC published a new Code of Laws, which incorporated the most wide-ranging and ambitious alterations to the Laws of Cricket for almost two decades. The Code has been well-received, and had a positive impact on cricket the world over. However, over the last two years, some issues have emerged, and so MCC has produced a second edition, which will come into force on 1st April 2019.

## Issue B

There are a few significant changes. First, the decision was taken to rework Law 41.7, which relates to full-pitch deliveries over waist height (known colloquially as 'beamers'). MCC listened to significant feedback and has handed more control to umpires to determine whether a delivery is dangerous. Also relevant to that Law, and at the behest of umpires, MCC has for the first time put into the Laws a definition of the waist – something that has long-since been a point of contention, particularly in the recreational game.

There is also a slight change to Law 41.16, which should further confirm the principle, established in the 2017 Code, that it is the non-striker's duty to remain in his/her ground until the bowler has released the ball. The other most notable alterations come in Laws 34 and 37, where the scenarios of hitting the ball twice, and obstructing a catch, after a delivery has been called a No ball, have been addressed.

- Change to Law 41.7 - Bowling of dangerous and unfair non-pitching deliveries

As is already the case with short-pitched bowling, the umpire will now decide whether a full-pitched delivery is dangerous, based on various factors such as the ball's speed, direction, repetition, and the ability of the batsman.

There is no longer a 'catch-all', but umpires are required to use their best judgement to determine whether it is dangerous. If it is dangerous, it will lead to a first and final warning. If not, it will still be a No ball, but there will be no warning.

- Change to Law 41.7 - Non-striker leaving his/her ground early

Although there are some valid arguments for not allowing dismissals of this sort, MCC felt that it would be wrong to carve out an exception in these circumstances for a fundamental principle that a batsman can be Run out if the wicket is put down when he/she is out of his/her ground. Furthermore, the Law emphasises the importance of the non-striker remaining in his/her ground until the ball is released, which is felt to be important. With TV now potentially ruling that a batsman has made his/her ground by millimetres, it seems wrong to allow them a head-start of sometimes several feet in setting off. So, the policy in the Law has not been changed but rather the outcome is being more strongly emphasised to avoid confusion.

It is worth stressing that giving a warning for such dismissals has often been seen as a convention but has never been part of the Laws. The fielding side has the option not to appeal, or to withdraw the appeal if they do not want to dismiss the batsman in this way.

*Refer also to MWJCA rules for Stage 1 Cricket*

MWJCA GIRLS Competition Rules Common to All Age Groups prior to reviewing these age specific rules.

The competition format for Under 11 is a regular round robin season where teams play T20 games.

Symbols are as follows: W – Wicket, + – Wide, O – No Ball, Δ – Bye, ▼ – Leg Bye.

### 11.3 Under 11 Rules – Club Stage 1

#### 11.3.1 Teams

- a) Clubs are permitted to register up to 9 players per team, although a team consists of 7 players.
- b) There shall be no more than 7 players from the bowling side on the field at one time.
- c) Teams may distribute batting amongst up to 9 players.
- d) Teams may distribute bowling amongst up to 9 players.
- e) Players must be 10 years our younger as at 31st August.
- f) A team shall have a minimum of five (5) players on match day.

### 11.3.2 Time

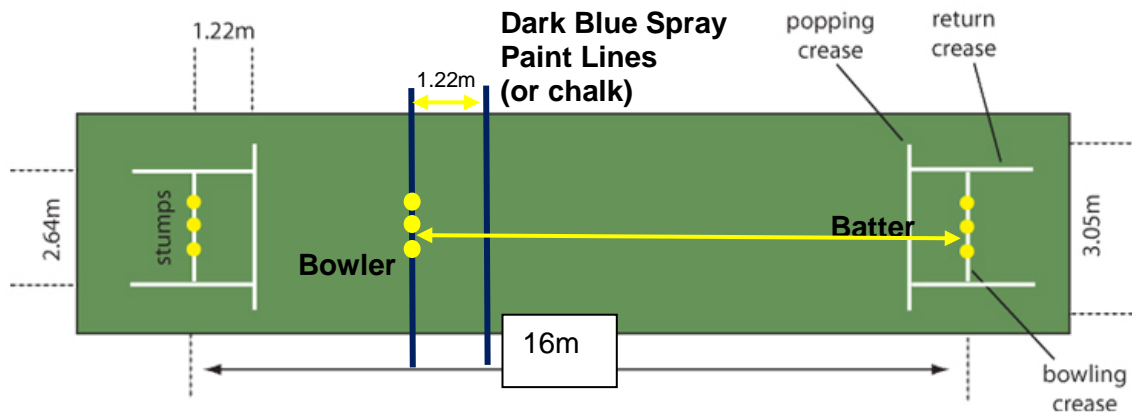
- Each game shall be for a period of 2 hours. Each team has 1 hour to complete their innings. There shall be a 5 minute break between innings.
- Umpires are to ensure that no time wasting occurs during the match.

### 11.3.3 Overs

- Each team shall receive a maximum of 20 overs.
- Overs consist of six (6) balls maximum. No deliveries are to be re-bowled.
- No bowler may bowl two consecutive overs.

### 11.3.4 Pitch and stumps

- The pitch shall be 16m measured from stumps to stumps.
- Bowling shall only be from one end of the pitch. To be agreed before the boundary is set.
- At the bowling end a dark blue spray paint lines (or chalk line) are to be marked 16m from the batters stumps and a popping crease marked 1.22m from the bowling end stumps.
- A normal set of wooden stumps (with no metal tips or tops) shall be used at one end. A set of spring loaded wooden stumps or plastic stumps shall be used from the bowlers end.
- Metal stumps must not be used.
- Games are played on either a concrete or synthetic pitch.



### 11.3.5 The ball

- For under 11's the Red Kookaburra Rookie or Red Kookaburra Star ball shall be used.

### 11.3.6 The boundary

- For under 11's the boundary shall be no more than 30m measured from the batting stumps.
- Plastic cones shall be used as boundary markers.

### 11.3.7 Batting

- The batting side shall face 20 overs.
- Based on 7 batters per team each batter shall face 17 deliveries and then retire.
- Batters shall not return after retiring.
- The batter on strike for the 120th delivery shall face that delivery, that batter shall face 18 deliveries.
- Should the number of batters be more or less than 7 (i.e. between 9 and 5 batters) then the balls faced shall be distributed as follows; 5 player team – retire at 24 balls, 6 player team – retire at 20 balls, 7 player team – retire at 17 balls, 8 player team – retire at 15 balls, 9 player team – retire 13 balls.
- It is highly recommended that batters experience batting in all positions and not bat in the same order every game.
- Coaches/Managers should ensure that the next incoming batter is padded up and ready to commence their innings when required, to avoid time wasting.

## Issue B

- h) All deliveries, regardless if they are a no-ball or wide shall count in the deliveries faced.
- i) Batters are allowed unlimited dismissals. When dismissed a batter shall change to the non-strikers end.
- j) For each time a batter is dismissed there shall be four (4) runs added to the bowling teams score.
- k) Batters shall only be dismissed bowled, caught, run out, stumped or hit wicket.
- l) There is No L.B.W. dismissal.

### 11.3.8 Bowling

- a) Bowling shall always be from the same end.
- b) All overs shall be a maximum of 6 balls per over.
- c) the Umpire shall call and signal "no ball" as per rule 7.24 No Ball
- d) No pace bowler is permitted to have a run up of more than 10 steps.
- e) A bowler shall not bowl more than 4 overs per innings
- f) When a team has at least seven players, all seven players shall bowl at least one over. Where a team has seven players or less this will include the wicket keepers who must bowl at least one over each per innings.
- g) Overs shall be distributed amongst bowlers for example; 3 players x 4 overs, 2 players x 3 overs, 2 players x 1 over. Further guidance as follows:
  - o 5 player team – 5 players bowl 4 overs
  - o 6 player team – 2 players bowl 4 overs; 4 players bowl 3 overs
  - o 8 player team – 6 players bowl 3 overs; 2 players bowl 1 over
  - o 9 player team – 4 players bowl 3 overs; 3 players bowl 2 overs; 2 players bowl 1 over
- h) Coaches should rotate the numbers of overs bowlers deliver each week to ensure that all players have an equal share of bowling.

### 11.3.9 Scoring and Sundries

- a) The Cricket Australia Stage 1 scorebook shall be used for scoring. Each team shall use the Cricket Australia Stage 1 scorebook. The MyCricket scoring app may be used in addition to both team's scorebooks
- b) Scores shall be entered into MyCricket.
- c) Each team shall keep score and compare details progressively (preferably at the end of each pair's innings).
- d) At the start of play, write the names of the players of BOTH teams on the score sheet.
- e) For each dismissal taken four (4) runs shall be added to the bowling teams score.
- f) Wides and no-balls shall score 1 run plus whatever runs are scored.
- g) Wide - The Umpire shall call and signal "wide":
  - o If a bowler bowls a ball so HIGH or so WIDE as to be out of the batsman's reach in their NORMAL GUARD POSITION (a ball should not be called "wide" until it has been taken by or passes the wicket-keeper).
- h) No Ball - The Umpire shall call and signal "no ball":
  - o If a ball when bowled LANDS OFF THE PITCH AREA prior to passing the batters stumps.
  - o Bowling of high full pitched balls:
    - As per Law 41.7 of the Laws of Cricket, if a bowler bowls a FULL PITCHED BALL which passes, or would have passed, the batsman ON THE FULL ABOVE WAIST HEIGHT in their NORMAL GUARD POSITION.
  - o Bowling of fast short pitched balls:
    - If a FAST SHORT PITCHED BALL passes the batsman above SHOULDER HEIGHT in their NORMAL GUARD POSITION.



## Issue B

- BALL BOUNCING - A ball which bounces more than once before it reaches the popping crease is a "no ball". *Note that a rolling ball is a no ball and a ball that becomes stationary is then dead.*
- The Umpire shall call and signal "no ball" as per rule 7.23 No Ball.
- i) A batter may be dismissed off a "No Ball" only if run out.
- j) A batter may be dismissed off a "Wide Ball" only if run out or stumped.
- k) The team with the most runs (including runs added for dismissals) shall be declared the winner.



### 11.3.10 Fielding

- a) Rotation of fielders is recommended to ensure all players experience all positions.
- b) There shall be no more than 7 players from the bowling/fielding side on the field at one time.
- c) If more than 7 players are present at a match, they should rotate onto the field each over.
- d) When a team has five to seven players, there shall be 2 wicket keepers used (10 overs each). When a team has more than seven players, one player may remain wicket-keeper, i.e. there must be 7 different bowlers.
- e) RESTRICTED ZONE
  - o With the exception of the wicket-keeper and ONE offside slips/gully fieldsman, **NO PLAYER SHOULD BE POSITIONED WITHIN 15 METRES OF THE BATTER'S POPPING CREASE** (restricted zone)
  - o No player is permitted to enter the 'restricted zone' until after the ball:
    - Is hit by the batter; or
    - Strikes the body or equipment of the batter; or
    - Passes through to the wicket-keeper.

If players enter this restriction zone, the Umpire must signal and call a 'dead ball' and no run, or sundry is to be recorded. The delivery shall then be re-bowled.

### 11.3.11 Safety and protective equipment

- a) Batters - Protective leg pads and batting gloves must be worn at all times when batting. The wearing of a helmet when batting is compulsory.
- a) Wicket-keepers - Protective leg pads, wicket-keeping gloves and a properly adjusted helmet with full face guard must be worn at all times when wicket-keeping.

### 11.3.12 Coaching

- a) It is compulsory for ALL coaches to obtain an Introduction to Cricket accreditation prior to the commencement of the season.
- b) It is highly recommended that coaches obtain a Community (Level One) Coaching accreditation within their first season of coaching.

### 11.3.13 Umpiring

- a) It is highly recommended that umpires obtain a MWJCA Local Ticket prior to the commencement of the season (subject to umpire's course being held).
- b) Further information for people wishing to obtain a full umpires ticket is available from your Club secretary.
- c) The bowling team shall Umpire from the bowlers end in order to support and coach the bowler and fielding team.

### 11.3.14 Managing backing up

- a) For Junior Format Stage 1, where a batsman is leaving their ground early, the bowlers end Umpire shall advise the Batsman that they should remain in their ground until the bowler is releasing the ball.
- b) If the Batsman has taken obvious unfair advantage (even prior to being spoken to) by leaving the crease early, the bowlers end Umpire shall immediately call and signal dead-ball. The Umpire shall then discuss the dead-ball call with the non-striker and the Square Leg Umpire.
- c) If the bowler executes a successful Mankad dismissal then the first occasion will be managed as a warning for the Batsman. Subsequent to this the MMC Laws regarding Mankad shall be applied individually to each batsman.

### 11.3.15 Weather affected and Match Result

- a) A win will only be achieved if :
  - o Both teams have faced the same number of overs; and
  - o Both teams have faced a minimum of 10 overs

### Issue B

- b) The team batting 2nd must bat out all of their allotted overs even if they have passed the opposition's current score as the bowling team's total can still increase by 4 runs for every dismissal.
- c) Subsequent to the conditions of (b) being met, the team with the highest score at the completion of both teams' innings will be declared the winner.



**11.3.16 Point Score**

- a) Competition points will be awarded, and individual performances will be maintained.

Result	Points allocated
WIN	5 points
LOSS	1 point
TIE	3 points
MATCH DRAWN / ABANDONED	3 points
WON ON FORFEIT	5 points
LOST ON FORFEIT	0 points

**11.3.17 Entering Match Results**

- a) Team managers/representative must enter the results on the Association's MyCricket site by 5pm the Friday following the completion of the game.
- b) At a minimum the match scores including wickets, runs, sundries and penalty/bonus runs must be entered. If team A's score is 5 wickets for 100 runs then 4 by 5 wickets = 20 runs is added as penalty/bonus runs to team B's score.

**11.3.18 Determining Premiers**

- a) Should teams end the season on the same competitions points then joint Premiers will be declared. This is also the case for 2nd, 3rd, 4th and 5th placings.
- b) Club Championship points would be wholly awarded to jointly placed teams (i.e. joint premiers in Division 1 are awarded 20 points each).

## 12. Under 13 and U15 Rules adoption of the Cricket Australia Junior Format Stage 2

The MWJCA Girls Under 13 and Under 15 competitions will be played under the Sixers Girls League Playing Conditions 2018/19 Junior Cricket Stage 2, however the rules and guidelines in this document will override the Sixers Girls League Playing Conditions 2018/19 Junior Cricket Stage 2

The relevant sections of the Sixers Girls League Playing Conditions 2018/19 Junior Cricket Stage 2 Playing Conditions that are amended are stated in this Section along with the content that replaces the existing text.

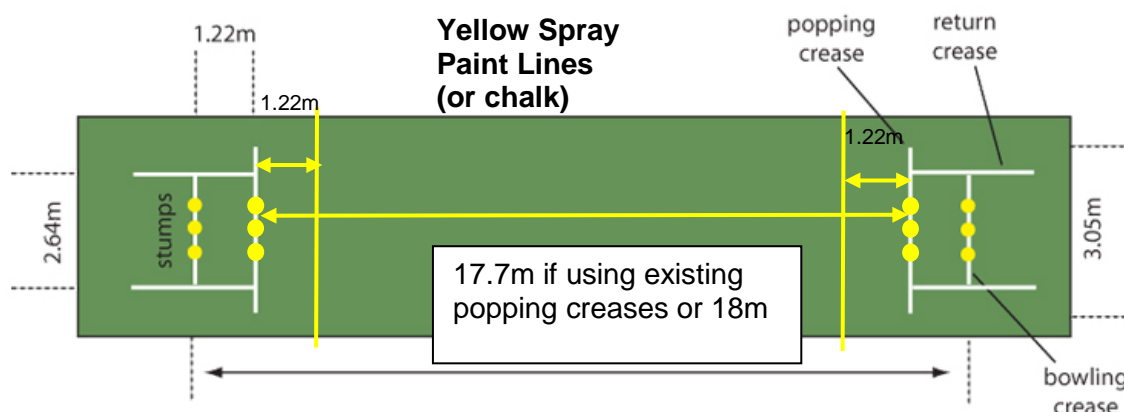
The Sixers Girls League Playing Conditions 2018/19 Junior Cricket Stage 2 are attached at Appendix A.

The competition format for Under 13 has a regular season where teams play Twenty Twenty (T20) games in a round-robin format. Followed by a final series for the top four (4) teams.

The competition format for Under 15 has a regular season where teams play a mix of Twenty Twenty (T20) twenty five over per side games in a round-robin format. Followed by a final series for the top two (2) or four (4) teams depending on the number of teams in the competitions.

### 12.1 Pitch and stumps for U13 Girls

- The pitch shall be 18m measured from stumps to stumps.
- Recommended Option to use two sets of spring loaded wooden stumps and move stumps in at each end to the 2 crease lines (17.7m apart). Then mark a popping crease at 1.22m from the spring loaded stumps at each end. New popping creases to be marked in yellow spray paint (or chalk line).
- Option to use a set of wooden stumps (with no metal tips or tops) at one end. A set of spring loaded wooden stumps at a distance of 18m. At the spring loaded stump end a chalk line is to be marked 18m from the batters stumps and a popping crease marked 1.22m from the spring loaded stumps.
- Metal stumps must not be used.
- Games are played on a synthetic pitch.



## 12.2 Under 13 and 15 Rules Clarifications

The following rule updates detailed below are in addition to, clarify and supersede the referenced items in the Sixers Girls League Playing Conditions 2018/19 Junior Cricket Stage 2.

The relevant sections of the Playing Conditions that are amended are stated below, along with the content that replaces the existing text.

## 20 Over Detailed Match Day Rules

### Scoring Tips

5. As in playing conditions **all** balls **except wides** (other than Dead-balls) need to be counted as each batter has a limit.
7. Symbols are as follows: W – Wicket, + – Wide, O – No Ball, Δ – Bye, ▼ – Leg Bye.

## 1.3 Equipment

- a) The Ball
  - i)

Age Group	Division	Weight	Brand Name	Colour	Options
Girls Under 13	Div. 2	130gm	<b>KOOKABURRA</b>	Pink on trial 2019/20 (Red)	Two-piece plastic ROOKIE (or similar)
Girls Under 13	Div. 1	142gm	<b>KOOKABURRA</b>	Pink on trial 2019/20 (Red)	Two-piece leather Jaffer, Red King, Practice, Tuf Pitch, Special Test, Zenith
Girls Under 15	Div. 1 / 2	142gm	<b>KOOKABURRA</b>	Orange on trial 2019/20 (Red)	Two-piece leather Jaffer, Red King, Practice, Tuf Pitch, Special Test, Zenith

Where leather balls are used it is preferable for each fielding team to have one new ball for each innings.

- d) Uniforms
  - iii) Cricket boots with metal **sprigs** or studs are NOT permitted

## 1.5 Rules of Play

### 1.5.2 The Field

#### (a) The Boundary

- (i) The boundary to be marked from centre line of the wicket, i.e. From stumps, parallel to the pitch centre line and then stumps.
- (iv) Boundary Length

Age Group	Boundary distance	Boundary measured from
U13 – Stage 2	<b>35 metres</b>	From the centre line of the pitch
U15 –U17	<b>40 metres</b>	From the centre line of the pitch

1.5.3 Batting

2. Forms of Dismissal

Include 10) Retired Out

3.

U15 - All batters must retire after they have faced **30 balls** (with the assumption that some players will be dismissed)

(b) Upon a retired batsman returning to the crease, a ball count shall apply again. For U13 a returned retired batsman shall have a further 10 deliveries and then retire again. For U15 a returned retired batsman shall have a further 10 deliveries and then retire again.

(c) All balls **except wides** will be included in the batters ball count, excluding dead balls

1.5.4 Bowling

(a) General

(viii) Teams with 10 players may bowl 10 players, i.e. 2 overs each for a T20.

(b) No balls

(i) As per MCC Laws - Any delivery that bounces twice or more before reaching the popping crease shall be called a No-Ball (was previously 3 times or more). i.e. any delivery which bounces **more than once** before reaching the popping crease is to be called by the umpire as 'No Ball'

(v) A 'No Ball' is called when a delivery bounces off the pitch prior to passing the popping crease. Once the ball has come to a rest it shall be called DEAD BALL

1.5.5 Weather Conditions

(d) Hot Weather

(i) (ii) and (iii)

- On particularly hot days, additional "drinks" breaks may be taken at the discretion of the managers, and the days play extended as discussed in the age specific rules. Here common sense and the welfare of the players is the overriding factor in the decision making. Extra time is not added for the drinks breaks.
- If the forecast temperatures are deemed to be excessive, the entire round may be called off prior by MWJCA Competition Management. All Clubs will be communicated to directly, and a notice will be placed on the MWJCA Website.

1.6 The Result

(c) Competition Points

Result	Points allocated
WIN	5 points
LOSS	1 point
TIE	3 points
MATCH DRAWN / ABANDONED	3 points
WON ON FORFEIT	5 points
LOST ON FORFEIT	0 points

1.7 Finals – NOTE Subject to Change

1.7.1 Team Qualification for Semi-Finals and Play offs

- For competitions with more than 5 teams the top four (4) teams based on the points for the regular season qualify for finals. Teams finishing from 5<sup>th</sup> place onwards shall qualify for Play Offs.
- For competitions with 5 or less teams the top two (2) teams based on the points for the regular season qualify directly for the grand finals. Teams finishing from 3<sup>rd</sup> place onwards shall qualify for Play Offs.
- Teams finishing from 5<sup>th</sup> place onwards shall qualify for Play Offs.
- In the event that more than one (1) team are on equal points at the end of the regular season the semi-final placings shall be determined by the higher TEAM NET QUOTIENT:

$$\text{TEAM NET QUOTIENT} = \frac{(\text{Runs Scored} \div \text{Wickets Lost})}{(\text{Runs Conceded} \div \text{Wickets Taken})}$$

- If the event that teams have equal points at the end of the regular season and equal TEAM NET QUOTIENT, the semi-final placings shall be determined by the TEAM NET QUOTIENT of the games involving both teams.
- In the event that teams are equal on all of the above then final placings shall be determined by highest total of runs scored during the regular season.



### 1.7.2 Player Qualification for Finals

- a) For a player to be eligible to play in a Finals match of a main competition, that player shall have played four (4) or more matches in that team in the regular season.
- b) Players who become injured through the season may have the matches during the period for which they are injured and unable to play count towards their qualification for Finals matches. In order to be eligible for relief under this paragraph, the relevant club Secretary must furnish to the Association Secretary written advice of which matches the player shall be unable to play due to injury accompanied by a supporting medical certificate in advance of such matches taking place.
- c) The Association Executive Committee reserves the right to allow any person to participate in any Finals match upon application from the relevant club Secretary. The Executive Committee shall exercise this right at its discretion and its decision shall be final. Clubs should be aware that this right shall only be exercised in rare cases of significant extenuating circumstances.

### 1.7.3 Finals Format – Top 4

- a) The finals for the top 4 teams in each age group division will comprise of semi-finals and finals.
- b) Finals will be:
  - o **Semi-Final 1:** 1<sup>st</sup> vs 4<sup>th</sup>
  - o **Semi-Final 2:** 2<sup>nd</sup> vs 3<sup>rd</sup>
  - o **Final:** Winner Semi-Final 1 vs Winner Semi-Final 2
  - o **3<sup>rd</sup>/4<sup>th</sup> Playoff:** Loser Semi-Final 1 vs Loser Semi-Final 2

### 1.7.4 Finals Format – 5<sup>th</sup> Place onwards Play Off

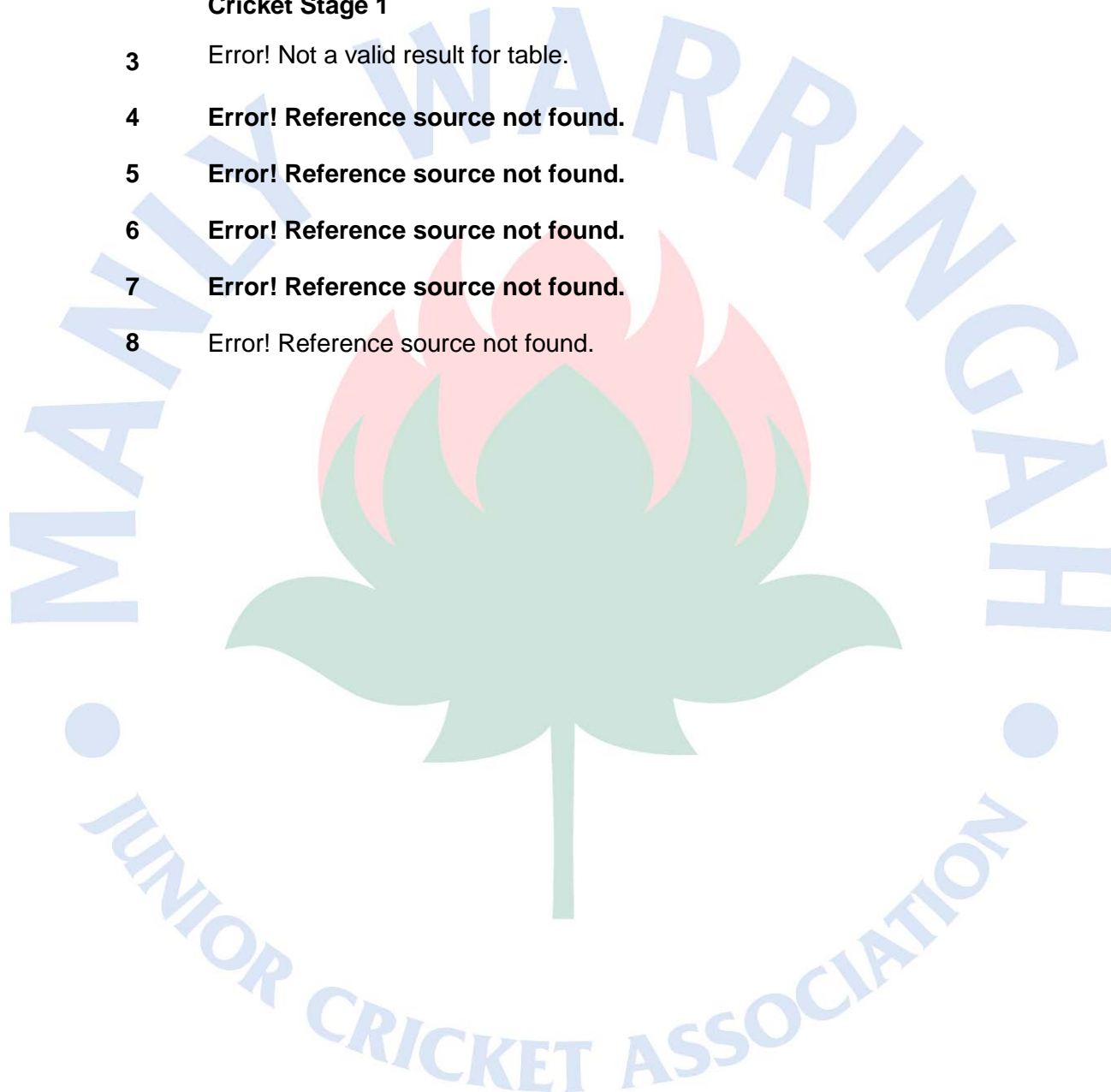
- a) For teams finishing from 5<sup>th</sup> place onwards during the regular season there will be a Play Off between paired teams:
  - o **5<sup>th</sup> / 6<sup>th</sup> Playoff**
  - o **7<sup>th</sup> / 8<sup>th</sup> Playoff**
  - o And so on

### 1.7.5 Finals – Washouts and Incomplete Games

- a) In the event that either a semi-final, play off or grand final cannot be complete due to weather or any other reason the winner shall be the team that finished higher during the regular season.
- b) For semi-finals and 5<sup>th</sup> place onward Play Offs the higher placed team shall be determined as per Team Qualification for Semi-Finals and Play Offs
- c) For the Grand Final the higher placed shall only be determined by points scored during the regular season. Should Grand Final teams be equal on points then they shall be declared joint Premiers.

## 13. Appendices

- 1 **Sixers Girls Cricket League Playing Conditions 2018/19 – Junior Cricket Stage 2**
- 2 **Sixers Girls Cricket League Playing Conditions 2018/19 – Junior Cricket Stage 1**
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## 1. Sixers Girls Cricket League Playing Conditions 2018/19 – Junior Cricket Stage 2

The attached Sixers Girls Cricket League Playing Conditions 2018/19 – Junior Cricket Stage 2 are the basis for the MWJCA Girls Under 13 and Under 15 competitions.



## 2. Sixers Girls Cricket League Playing Conditions 2018/19 – Junior Cricket Stage 1

The attached Sixers Girls Cricket League Playing Conditions 2018/19 – Junior Cricket Stage 1 are a support for the MWJCA Girls Under 11 competition.



## 3. 2019/20 Age Groups

<b>If you were born before. . .</b>	<b>. . . and your age on 31-Aug 2019 is . . .</b>	<b>. . . your lowest Age Group is. . .</b>
1 September 2015	4 years	Junior Blaster
1 September 2014	5 years	Junior Blaster
1 September 2013	6 years	Junior Blaster
1 September 2012	7 years	U8 Master Blaster
1 September 2011	8 years	U9 Master Blaster
1 September 2010	9 years	U10 Stage 1
1 September 2009	10 years	U11 Stage 1
1 September 2008	11 years	U12 Stage 2
1 September 2007	12 years	U13 Stage 2
1 September 2006	13 years	U14
1 September 2005	14 years	U15
1 September 2004	15 years	U16/17/18
1 September 2003	16 years	U16/17/18
1 September 2002	17 years	U16/17/18
1 September 2001	18 years or more	Seniors

## 4. MWJCA Club Championship Criteria

- The MWJCA Club Championship - "**Peter Tasker Memorial Shield**" - covers teams in all Saturday Morning competitions excluding Master Blaster Cricket.
- The Club Championship (CC) will be awarded each season based on the following criteria:
  - Age groups from Stage 1 U10's and up will be included.
  - Each team will be awarded points based on its final position on the ladder after the regular completion of rounds and before the finals series;; as follows:
 

<b>1st - 20</b>	<b>2nd - 18</b>
<b>3rd - 17</b>	<b>4th - 16</b>
<b>5th - 15</b> and so on sequentially through any multiple Divisions in order	
  - A bonus 1 point is added to First Placed teams in Divisions other than Div 1.

**Example:**

### Manly Warringah Junior Cricket Association - Under 14 Division 1

RANK	TEAM	P	W2	W1	D	L1	L2	POINTS
1	Collaroy Plateau Energy	15	0	13	1	1	0	<b>69</b>
2	St Augustines Red	15	0	11	1	3	0	<b>61</b>
3	Harbord Roos	15	0	9	1	5	0	<b>53</b>
4	Forest White	15	0	5	1	9	0	<b>37</b>

### CC Score

<b>20</b>
<b>18</b>
<b>17</b>
<b>16</b>

### Manly Warringah Junior Cricket Association - Under 14 Division 2

RANK	TEAM	P	W2	W1	D	L1	L2	POINTS
1	St Augustines Gold	15	0	9	0	6	0	<b>51</b>
2	St Augustines Green	15	1	7	0	7	0	<b>50</b>
3	Forest Green	15	0	8	1	6	0	<b>49</b>
4	Peninsula	15	0	6	1	8	0	<b>41</b>
5	Seaforth	15	0	2	0	12	1	<b>22</b>
6	Harbord Tigers	15	0	1	0	14	0	<b>19</b>

<b>15 + 1 bonus</b>
<b>14</b>
<b>13</b>
<b>12</b>
<b>11</b>
<b>10</b>

- The points gained by each Club's five (5) highest placed teams will then be added to determine the Club Championship Score (CCS) for that Club. Should a club have less than five teams they shall receive 8 points for each team as required to make up to 5 teams with those points to be determined according to the lowest points awarded in the largest age group that season.
- The Club with the highest CCS shall be declared MWJCA Club Champions for that season.
- Where two or more clubs have the same highest CCS, the club with the most Division 1 First Placed positions will be deemed to be the winners of the Club Championship. If this result is also equal, the Club with the highest number of 2<sup>nd</sup> placed Division 1 teams shall be declared the Club Champions. If this result is also equal, the Club with the highest number of 3<sup>rd</sup> placed Division 1 teams shall be declared the Club Champions. If this result is also equal, the Club with

**Issue B**

the highest number of 1st placed Division 2 teams shall be declared the Club Champions, and so on through the Division 2 placings if required until a clear winner is determined.



## 5. Hydration

### BACKGROUND

- Adequate hydration can have a massive impact on performance!
- Experts believe that as little as a 1-2% decrease in the body's fluid levels can be enough to negatively affect performance through a drop in energy levels, decision-making and your body's ability to cool-down.
- Prolonged dehydration in hot and/or humid conditions may increase risk of heat stress.
- The recommended daily water intake is about 2 litres per person, however this amount can increase significantly.
- These factors should be taken into account when considering adequate hydration
  - The temperature
  - Energy exerted
  - Sweat Loss
- Begin each training session or match in fluid balance. This requires drinking regularly throughout the day leading up to training or competition.
- Develop a plan for fluid intake for all exercise sessions longer than 30 minutes. Typically Athletes replace 30-70% of sweat losses during exercise!
- Begin drinking early in the exercise session and continue to drink small amounts regularly. Sports drinks or water are the best options.
- This section is intended as a brief checklist to assist athletes that are at risk of dehydration. For more detailed advice it is recommended that athletes speak to a medical expert or sport scientist.

### DAYS LEADING UP TO GAME DAY

- Aim for 3L of water on each of the 2 days prior to the game.
- Consider adding salt to food and electrolyte formula (i.e. "gastrolyte" or "hydralyte") to drinks if it is very hot/humid.
- Minimise alcohol, a known diuretic.
- Use urine colour to check hydration status.
- Clear urine = good hydration
- Dark yellow urine = dehydration

### GAME DAY

- Drinking plenty of fluids on match day helps to prevent high body temperature and increase the duration of concentration and overall skill level and performance.
- Upon waking have 1-2 glasses of water.
- Over the course of the morning aim to drink 4-6 glasses of fluid (water or sports drink best). If you suffer badly from cramps add some salt or electrolyte formula to drinks.

### DURING THE GAME

- Look for all opportunities to ingest fluids
- Add extra scheduled breaks.
- Water or sports drinks are recommended.
- Look for every opportunity to cool down

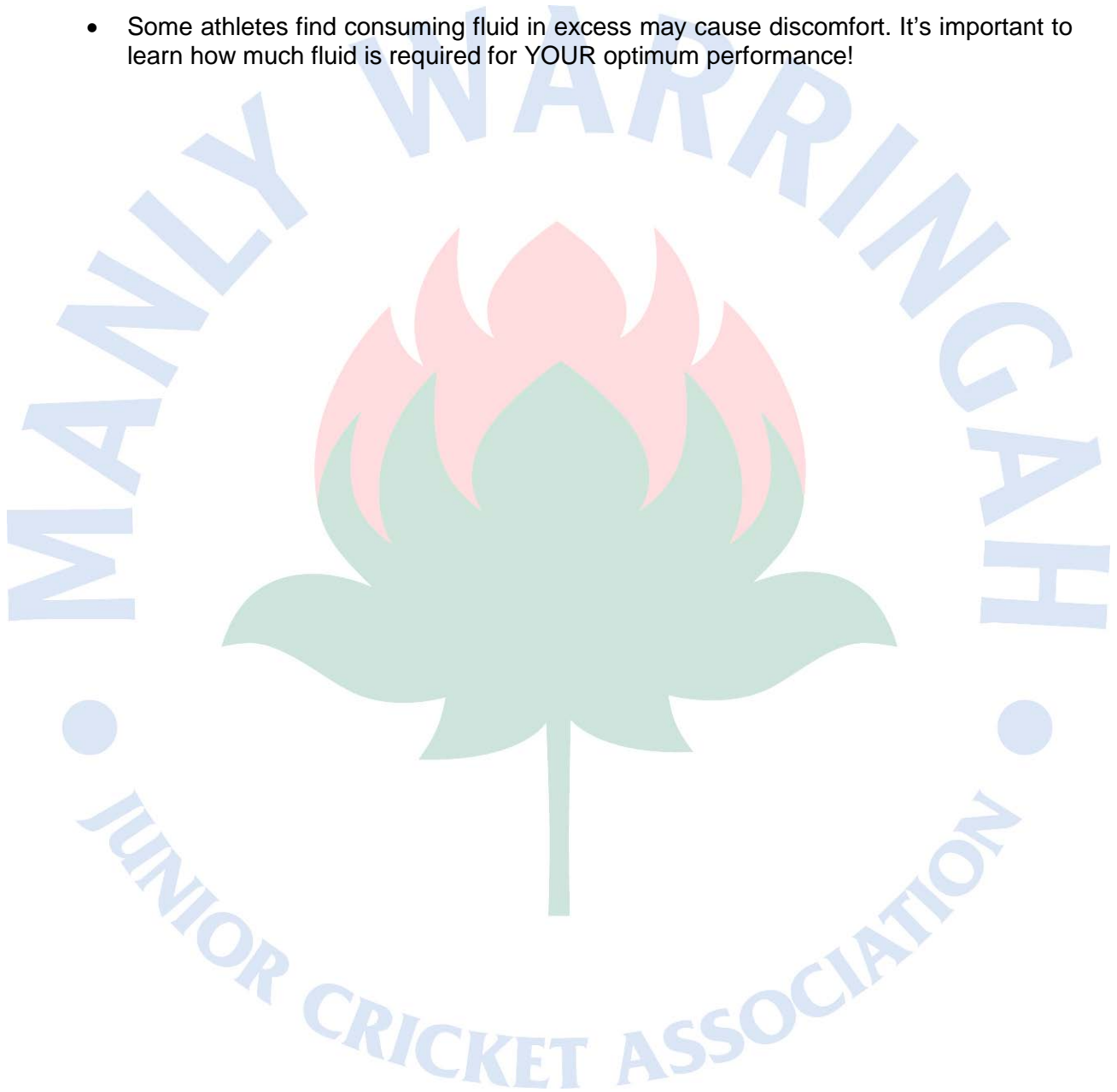


## Issue B

- Use of ice vests/cooling fans where possible.
- Recover in shade where possible.
- Be aware of heat stress
- If athlete shows signs of heat illness (exhaustion, cramps, Dizziness or collapse) seek immediate medical support.

### Note:

- Some athletes find consuming fluid in excess may cause discomfort. It's important to learn how much fluid is required for YOUR optimum performance!



## 6. Food and Nutrition

### **Guidelines & Benefits of healthy balanced nutrition:**

Cricket is a long game with various requirements: explosive power, speed, agility, strength and recovery speed. All of these factors are heavily influenced by what you eat!!!!

A balanced diet of all the food groups should be consumed on a daily basis: low GI Carbohydrates, fruit and vegetables, lean Proteins, good fats and dairy, vitamins, minerals and plenty of water. Limit foods such as: saturated fats, salt alcohol and sugar.

FOOD is FUEL and if you fuel your body right it will keep you at the optimum level for playing cricket.

### **General Nutrition:**

- Eat smaller meals and eat more often to encourage stable energy and blood sugar levels.
- Eat mostly natural, unprocessed foods. These foods contain more nutritional substances than processed foods which often contain excess sugar, fats and preservatives.
- Eat Low GI carbohydrates three hours before a competition or hard training session.
- E.g. apples, porridge, oats and lentils.

### **Protein:**

Athletes who want to increase or maintain muscle mass while following a demanding conditioning program require up to 2.0 grams of protein per kilogram of body weight in their diet each day. Because it is difficult to take in enough meat, dairy products and other protein-rich foods to meet that requirement in a day, many players use protein drinks to help them reach this level of intake.

### **Match Day Nutrition:**

Eat a main meal at least 3 hours prior to the start of the match, focussing on carbohydrate rich food with a small protein source.

Eat a small snack such as an apple 1 hour before the match starts.

- Avoid very high protein and fat foods (these take a long time to digest)
- Drink plenty of fluid throughout the day
- Eat fruits, sandwiches, muesli bars and other energy foods and drinks
- Experiment with foods during training to find what suits you best. Fuel up on these foods throughout the match.

### **Post-Match Nutrition:**

After a hard training session or match, fruits, sandwiches and protein shakes start the refuelling process best.

A meal containing a protein source and a combination of carbohydrates should be eaten within an hour of finishing a game or training session.

High GI foods are beneficial immediately after exercise because they help the blood sugar quickly return to a normal level (bananas, sports drinks, pasta)

Note: Each athlete through trial and error has to learn what they can consume Pre and Post exercise for training and competition, finding out what works best for his or her body.

## 7. Injury Management

### REST

No more than 2 days – Start weight bearing ASAP. There is a very common misconception that pain will go away by itself. Normal muscular, tendon or ligament pain shouldn't last longer than 2 days – if it does there is either something structural underlying the soft tissue injury that is contributing to it, or, there is moderate to severe soft tissue damage. So, if pain or symptoms are still present after 2 days you should seek advice from a health practitioner.

### ICE

15 mins on, 45 minutes off. Start on the hour for ease and continue for at least the first 6 hours. No more than 15 minutes because warming of the area will occur as this is the body's normal response to cold, and this will not help the healing process. NEVER use heat on an acute injury.

### COMPRESSION

Bandage, but not too tightly. Check circulation of the toes or fingers by squeezing them – if blood doesn't rush to the area then it is too tight. NEVER leave the bandage on for more than a few hours at a time, remove it occasionally to let the skin breathe and then re-apply after about 30 minutes to an hour.

### ELEVATION

Keep the injured limb above the level of the heart as this helps with the removal of swelling and bruising.

R.I.C.E. should be used in conjunction with the following

- NO Heat
- NO Alcohol
- NO Running (for lower limb injury)
- NO Massage (until injury is diagnosed)

## 8. Table of Overs Lost to Time

Minutes Lost	Overs lost	Minutes Lost	Overs lots
4	1	64	16
8	2	68	17
12	3	72	18
16	4	76	19
20	5	80	20
24	6	84	21
28	7	88	22
32	8	92	23
36	9	96	24
40	10	100	25
44	11	104	26
48	12	108	27
52	13	112	28
56	14	116	29
60	15	120	30

