



QUEENSLAND GIRLS
Secondary Schools
Sports Association

WORKBOOK

Cricket

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Established 1908 - Performance, Participation, Tradition & Innovation

CRICKET

OPEN DIVISION

1 THE SPIRIT OF CRICKET

- 1.1 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.
- 1.2 The Spirit of the Game involves **RESPECT** for:
 - 1.2.1 Your opponents
 - 1.2.2 Your own captain
 - 1.2.3 The roles of the umpires
 - 1.2.4 The game's traditional values
- 1.3 In keeping with the Spirit of Cricket, players and coaches should shake their opponents' hands at the conclusion of each game.
- 1.4 There is to be no coaching of the players, either on the field or from the sidelines, during play. The Captains are responsible for setting the field, ensuring the next bowler is ready, and otherwise managing play. This does not preclude coaches from using the 10 minute interval to discuss game plans.

2 THE GROUND

- 2.1 All matches should be played on full-length (**20.12 metres**) turf or synthetic wickets.
- 2.2 The home team shall ensure that all boundaries (max. **45 metres** radius from the centre of the pitch) are marked, that pitches are properly prepared, and that sufficient stumps and bails are available.
 - 2.2.1 For the marking of the boundary, the use of cones or other appropriate markers is sufficient.

3 THE TEAMS

- 3.1 Teams shall be limited to a maximum of twelve players, although only eleven may bat or bowl in the game.
 - 3.1.1 This does not preclude a team from including extra players as substitute fielders.
- 3.2 A maximum of eleven players, from the fielding team, may be on the field at any time.
- 3.3 A team **MUST** field a minimum of seven players. In the event that a team is unable to field seven players, having been given every opportunity to find replacement or substitute players, that team shall forfeit the match.
- 3.4 All players shall wear an appropriate uniform as determined by the team's school.

4 THE TOSS

- 4.1 The Toss is to be conducted as soon as possible after both teams have arrived at the ground. The toss will be conducted on the pitch by the two opposing captains. One team official from each team is to also be present.
- 4.2 In the official draw the 'home team' is listed first and their captain must toss the coin.

5 EQUIPMENT

- 5.1 Wooden stumps should be used in all games in the Open Division. It may be necessary for the umpires to have a small mallet available, in order to remake the wicket.
- 5.2 All batters **MUST** wear a properly fitting cricket helmet with face guard.
- 5.3 Wicketkeepers must wear a properly fitting helmet with a faceguard **at all times**.
- 5.4 Helmets must conform with the proper Australian design standards. Cricket Australia strongly recommends the use of 'British Standard 7928:2013' helmets.
- 5.5 A two-piece, **142g pink leather ball** shall be used for all games. A new ball is to be provided by each team for their bowling innings.

6 **BATTING**

- 6.1 Batters **must** retire after facing 15 balls.
 - 6.1.1 Other than the compulsory retirement after 15 balls, batters may only retire in the event of injury.
- 6.2 Batters who retire can resume their innings if all other wickets are lost in the order they retired if the designated overs for the innings have not yet been bowled.
- 6.3 At the fall of a wicket, the not out batter must remain at the wicket. The incoming batter should move to the wicket as quickly as possible to avoid wasting time.
- 6.4 All modes of dismissal are allowed
 - 6.4.1 Volunteer umpires are reminded that the criteria for a leg before wicket dismissal are strict. Just because the ball would have hit the stumps, is NOT enough to uphold an LBW appeal.
- 6.5 If the non-striker is out of her ground from the moment the ball comes into play to the instant when the bowler would normally have been expected to release the ball, the bowler is permitted to attempt to run her out. Whether the attempt is successful or not, the ball shall not count as one in the over. If the bowler fails in an attempt to run out the non-striker, the umpire shall call and signal Dead ball as soon as possible.
 - 6.5.1 The batting team shall first be given a warning by the umpire for leaving her ground early before the instant when the bowler would normally have been expected to release the ball. The fielding captain must request a warning, which can be upheld or not upheld by the umpire. If the request is upheld, both not out batter and any subsequent batter shall be advised of the warning upon coming to the wicket.
- 6.6 Runners are not permitted in QGSSSA Cricket. Should a batter be injured and unable to run between wickets effectively, first aid should be sought immediately

7 **BOWLING**

- 7.1 Bowlers are encouraged to use a bowling marker (these should be supplied either by umpires or with the team kit), to mark the start of her run-up.
- 7.2 No bowler may bowl in excess of three overs in one game.
- 7.3 As a time-saving measure, bowlers should bowl from one end throughout the innings. However, if both teams agree, the bowling team may change ends at the half-way point of the innings (i.e. after 7 overs in a 14 over game) .
 - 7.3.1 At the completion of each over, the batters shall change ends (except when the bowling team changes ends).

- 7.4 ANY delivery in which NO part of the bowler's front foot is behind the bowling crease in her delivery stride, shall be called a No Ball by the umpire at the bowler's end.
- 7.5 ANY delivery in which the bowler breaks the stumps with any part of her body, during her delivery stride, shall be called a No Ball by the umpire at the bowler's end.
 - 7.5.1 Should the bowler attempt to run out the non-striker, without delivering the ball, thus breaking the stumps as in 7.5 above, the ball shall NOT be considered a No Ball. Should the appeal for Run Out be unsuccessful, the umpire shall call and signal Dead Ball.
- 7.6 ANY delivery which, after pitching, passes or would have passed over head height of the striker standing upright at the popping crease shall be deemed a No Ball and may be called by either umpire.
- 7.7 ANY full pitched delivery that passes above waist height of the batter in their upright stance shall be deemed a No Ball and one run scored. This may be called by either umpire.
 - 7.7.1 Any bowler who bowls two dangerous deliveries (as defined above in Regulations 7.6 and 7.7) is to be immediately removed from the attack and may not bowl again throughout the innings.
 - 7.7.2 If another bowler is required to complete the over, this (partial) over shall count as a complete over in terms of the maximum allowance of three overs per bowler.
- 7.8 A ball which bounces more than once or rolls along the ground before reaching the popping crease shall be called No Ball.
- 7.9 There are NO free hits from No Balls.
- 7.10 A wide delivery shall be called if it is OUTSIDE the return crease on the off side, or if the ball is sufficiently wide on the leg side to deny the batter the opportunity to play a shot.
 - 7.10.1 Umpires should have a conversation at the start of the game, to ensure that wides are being called consistently from both ends.
- 7.11 Any extras scored from wide or no balls as described above shall be added to the score.
- 7.12 All No Balls and wides shall be rebowled. However, an over shall consist of no more than eight balls. Should a No Ball or wide be called on the eighth ball of an over, it shall not be rebowled.

8 FIELDING

- 8.1 No player may field any closer than ten (10) metres from the wicket in an arc from point around in front of the wicket to fine leg. Players, coaches, and umpires should use half the length of the pitch as a rough guide to oversee this regulation.
- 8.2 No more than five fielders are allowed on the leg side.
- 8.3 No more than two fielders are allowed in the 90 degree arc between square leg and the wicket-keeper.
- 8.4 No more than four fielders on the boundary at any time.
- 8.5 In the event that any of these fielding restrictions being breached, either umpire shall call and signal No Ball.

8.6 Teams may interchange fielders at any time.

9 THE INNINGS

9.1 A game shall consist of one innings, of **fourteen overs** duration, per team.

9.2 **45 minutes** will be allowed for the completion of each innings.

9.3 In the event of a game being shortened due to weather or other unforeseen conditions, the total number of overs for the game shall be calculated at the rate of 3.2 minutes per over.

9.4 There shall be a break of 10 minutes between each innings.

9.5 In all matches, each team, unless previously dismissed, shall have its Innings compulsorily closed in the following circumstances:

9.5.1 At the conclusion of the 14th over, unless the number of overs for the innings have been recalculated, in which case the innings will be closed at the conclusion of that over

9.5.2 When the team batting second exceeds the score of the team batting first, or the recalculated target score, or

9.5.3 At the fall of the 10th wicket.

9.6 A minimum of 5 overs must be bowled to each side to constitute a match.

10 THE RESULT

10.1 Target score shall be decided on the score of the team batting first at the end of the final over.

10.2 In the event of the team batting second having their overs reduced, then the target score shall be the team that batted first's run rate plus one (at the end of the last completed over)

10.2.1 Eg. Team A makes 60 off 12 overs. Team B target overs is 8. Team A scored at 5 runs per over. Team B need $8 \times 5 = 40$ plus 1. New target is 41 runs to win.

10.3 When calculating the run rate, round to two decimal places. When calculating the runs needed, always round up to the next whole run; then +1 for the target.

11 THUNDER AND LIGHTNING 30/30 RULE

11.1 All coaches, managers, captains and anyone else with delegated responsibility for players, are instructed to exercise extreme caution during thunderstorms. The 30/30 rule is to be applied:

11.1.1 If lightning and thunder are separated by a period of less than 30 seconds, the lightning is close enough to be a threat. You are to leave the field immediately and seek shelter in a building or motor vehicle – *not* under trees.

11.1.2 A period of 30 minutes should elapse before play is resumed, that is, after seeing the last lightning flash, wait 30 minutes before leaving shelter. If during this time lightning is again observed, following the 30/30 rule, the 30 minutes will start again.

12 OFFICIALS

12.1 The Home team will provide an umpire for all Open cricket fixtures.

CRICKET

DIVISION ONE & DIVISION TWO

1 THE SPIRIT OF CRICKET

- 1.1 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.
- 1.2 The Spirit of the Game involves **RESPECT** for:
 - 1.2.1 Your opponents
 - 1.2.2 Your own captain
 - 1.2.3 The roles of the umpires
 - 1.2.4 The game's traditional values
- 1.3 In keeping with the Spirit of Cricket, players and coaches should shake their opponents' hands at the conclusion of each game.

2 THE GROUND

- 2.1 All matches should be played on reduced-length (18 metres) wickets.
- 2.2 The home team shall ensure that all boundaries (max. 40 metres radius from the beating end crease) are marked, that pitches are properly prepared, and that sufficient stumps and bails are available.
 - 2.2.1 For the marking of the boundary, the use of cones or other appropriate markers is sufficient.

3 THE TEAMS

- 3.1 Teams shall be limited to a maximum of twelve players, although only eleven may bat or bowl in the game.
 - 3.1.1 This does not preclude a team from including extra players as substitute fielders.
- 3.2 A maximum of eleven players, from the fielding team, may be on the field at any time.
- 3.3 A team **MUST** field a minimum of seven players. In the event that a team is unable to field seven players, having been given every opportunity to find replacement or substitute players, that team shall forfeit the match.
- 3.4 All players shall wear an appropriate uniform as determined by the team's school.

4 THE TOSS

- 4.1 The Toss is to be conducted as soon as possible after both teams have arrived at the ground. The toss will be conducted on the pitch by the two opposing captains. One team official from each team is to also be present.
- 4.2 In the official draw the 'home team' is listed first and their captain must toss the coin.

5 EQUIPMENT

- 5.1 While it is preferred that wooden stumps be used, portable metal or plastic stumps may be used if wooden stumps are unsuitable for the venue.
- 5.2 All batters **MUST** wear a properly fitting cricket helmet with face guard.

- 5.3 Wicketkeepers must wear a properly fitting helmet with a faceguard **at all times**.
- 5.4 Helmets must conform with the proper Australian design standards. Cricket Australia strongly recommends the use of 'British Standard 7928:2013 helmets.
- 5.5 A two-piece, **142g pink leather ball** shall be used for all games. A ball is to be provided by each team for their bowling innings.

6 BATTING

- 6.1 Batters **must** retire after facing 15 balls.
 - 6.1.1 Other than the compulsory retirement after 15 balls, batters may only retire in the event of injury.
- 6.2 Batters who retire can resume their innings if all other wickets are lost in the order they retired if the designated overs for the innings have not yet been bowled.
- 6.3 At the fall of a wicket, the not out batter must remain at the wicket. The incoming batter should move to the wicket as quickly as possible to avoid wasting time.
- 6.4 All modes of dismissal are allowed, except LBW (leg before wicket)
 - 6.4.1 Batters should refrain from using their pads to protect their wickets. Especially for inexperienced cricketers, this should be addressed by coaches. It may be necessary for umpires to advise batters where to take guard.
- 6.5 If the non-striker is out of her ground from the moment the ball comes into play to the instant when the bowler would normally have been expected to release the ball, the bowler is permitted to attempt to run her out. Whether the attempt is successful or not, the ball shall not count as one in the over. If the bowler fails in an attempt to run out the non-striker, the umpire shall call and signal Dead ball as soon as possible.
 - 6.5.1 The batting team shall first be given a warning by the umpire for leaving her ground early before the instant when the bowler would normally have been expected to release the ball. The fielding captain must request a warning, which can be upheld or not upheld by the umpire. If the request is upheld, both not out batter and any subsequent batter shall be advised of the warning upon coming to the wicket.
- 6.6 Runners are not permitted in QGSSSA Cricket. Should a batter be injured and unable to run between wickets effectively, first aid should be sought immediately.

7 BOWLING

- 7.1 No bowler may bowl in excess of three overs in one game.
 - 7.1.1 Given the developmental nature of Division One, all players are **strongly encouraged** to bowl.
- 7.2 As a time-saving measure, bowlers should bowl from one end throughout the innings. However, if both teams agree, the bowling team may change ends at the half-way point of the innings (i.e. after 7 overs in a 14 over game).
 - 7.2.1 At the completion of each over, the batters shall change ends (except when the bowling team changes ends).
- 7.3 ANY delivery in which NO part of the bowler's front foot is behind the bowling crease in her delivery stride, shall be called a No Ball by the umpire at the bowler's end.
- 7.4 ANY delivery in which the bowler breaks the stumps with any part of her body, during her delivery stride, shall be called a No Ball by the umpire at the bowler's end.

- 7.4.1 Should the bowler attempt to run out the non-striker, without delivering the ball, thus breaking the stumps as in 7.4 above, the ball shall NOT be considered a No Ball. Should the appeal for Run Out be unsuccessful, the umpire shall call and signal Dead Ball.
- 7.5 ANY delivery which, after pitching, passes or would have passed over head height of the striker standing upright at the popping crease shall be deemed a No Ball and may be called by either umpire.
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- 7.6.2 If another bowler is required to complete the over, this (partial) over shall count as a complete over in terms of the maximum allowance of three overs per bowler.
- 7.7 A ball which bounces more than **twice** or rolls along the ground before reaching the popping crease shall be called No Ball.
- 7.8 There are NO free hits from No Balls.
- 7.9 A wide delivery shall be called if it is OUTSIDE the return crease on the off side, or if the ball is sufficiently wide on the leg side to deny the batter the opportunity to play a shot.
- 7.9.1 Umpires should have a conversation at the start of the game, to ensure that wides are being called consistently from both ends.
- 7.10 Any extras scored from wide or no balls as described above shall be added to the score.
- 7.11 All No Balls and wides shall be rebowled. However, an over shall consist of no more than eight balls. Should a No Ball or wide be called on the eighth ball of an over, it shall not be rebowled.

8 FIELDING

- 8.1 It is recommended that fielders rotate at the conclusion of each over, to ensure that players have the opportunity of experiencing each fielding position.
- 8.2 No player may field any closer than ten (10) metres from the wicket in an arc from point around in front of the wicket to fine leg. Players, coaches, and umpires should use half the length of the pitch as a rough guide to oversee this regulation.
- 8.3 No more than five fielders are allowed on the leg side.
- 8.4 No more than two fielders are allowed in the 90 degree arc between square leg and the wicket-keeper.
- 8.5 No more than four fielders on the boundary at any time.
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9 THE INNINGS

- 9.1 A game shall consist of one innings, of **fourteen overs** duration, per team.
- 9.2 **45 minutes** will be allowed for the completion of each innings.
- 9.3 In the event of a game being shortened due to weather or other unforeseen conditions, the total number of overs for the game shall be calculated at the rate of 3.2 minutes per over.
- 9.4 There shall be a break of 10 minutes between each innings.
- 9.5 In all matches, each team, unless previously dismissed, shall have its Innings compulsorily closed in the following circumstances:
 - 9.5.1 At the conclusion of the 14th over, unless the number of overs for the innings have been recalculated, in which case the innings will be closed at the conclusion of that over.
 - 9.5.2 When the team batting second exceeds the score of the team batting first, or the recalculated target score, or
 - 9.5.3 At the fall of the 10th wicket.
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- 10.1 Target score shall be decided on the score of the team batting first at the end of the final over.
- 10.2 In the event of the team batting second having their overs reduced, then the target score shall be the team that batted first's run rate plus one (at the end of the last completed over).
 - 10.2.1 Eg. Team A makes 60 off 12 overs. Team B target overs is 8. Team A scored at 5 runs per over. Team B need $8 \times 5 = 40$ plus 1. New target is 41 runs to win.
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