

2019-20  
SEASON  
EDITION

# WELL PLAYED



AUSTRALIAN CRICKET'S  
PLAYING POLICIES AND  
COMMUNITY GUIDELINES





# ACKNOWLEDGEMENT OF COUNTRY



We at Cricket Australia, through the Club Cricket Program and more broadly, would like to acknowledge Aboriginal and Torres Strait Islander Australians, past and present, and recognise the distinctive rights that Indigenous Australians hold as the original peoples of this land.

Cricket Australia supports initiatives that help build capacity, knowledge and strengthen relationships with Australia's Indigenous communities. Reconciliation with Australia's traditional owners is an outcome that Cricket Australia supports.

Cricket Australia acknowledges the wonderful contribution Indigenous communities and cricketers have made to this land we all call home – Australia.



## LOCAL ACKNOWLEDGEMENT OF COUNTRY EXAMPLE

On behalf of **<Cricket Club Name>**

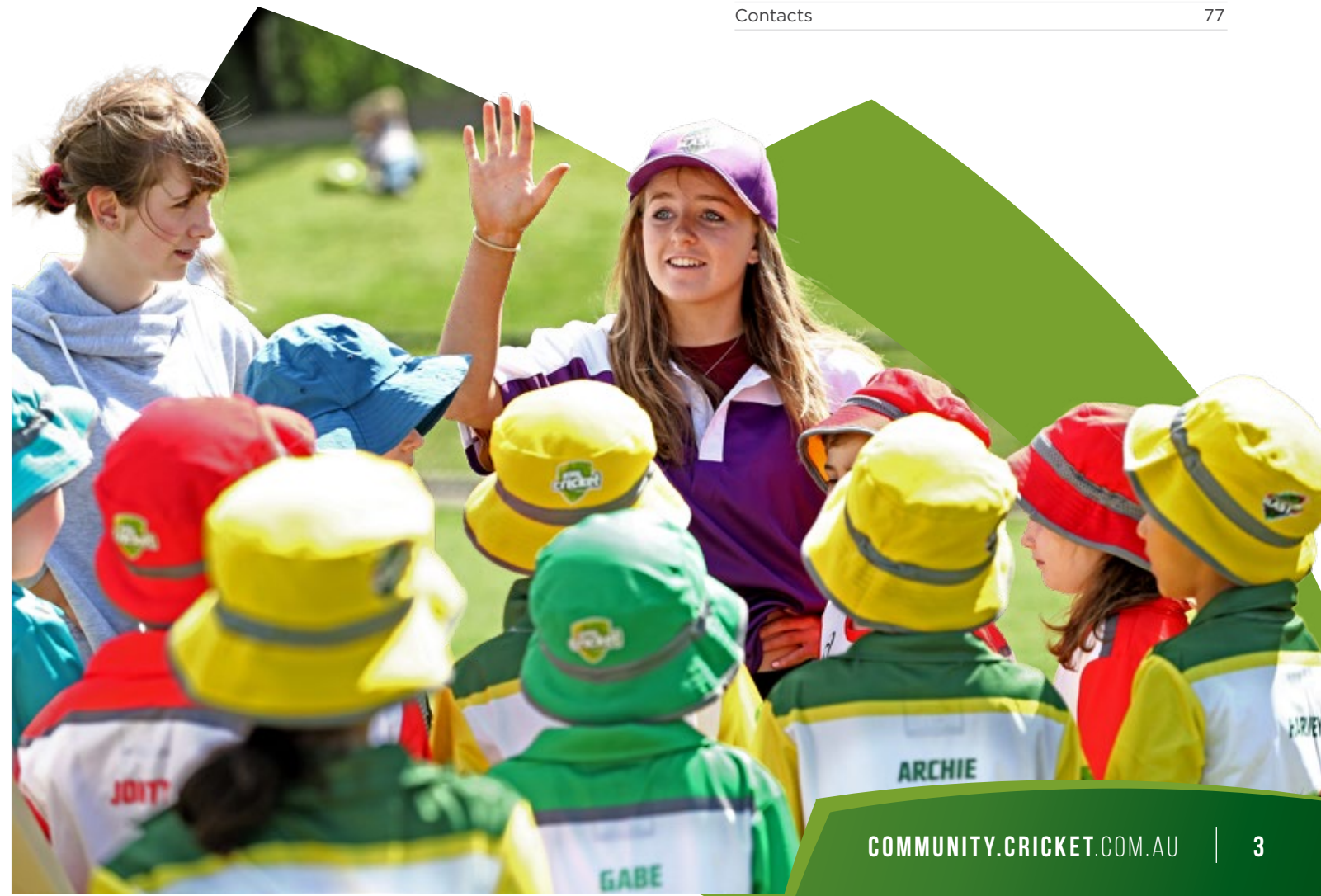
We acknowledge the Traditional Owners of the land on which this cricket match is being played, the land of the **<Traditional Owners Name>**

We also pay respect to their Elders past and present.

To learn about who is the local traditional owner group that your cricket club sits on please refer to your local Council or local member of Parliament for further details.

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# WELCOME

To the players, parents, coaches and many committed volunteers who help make cricket clubs the heart and soul of local communities all around Australia, together with the State & Territory Associations who work so hard to serve these vital communities, thank you for your involvement in last years 2018/19 season.

As a cricket parent myself, I know how important it is to be as informed and aware of the support available to members of the cricket community. That's why we have created the *Well Played* guide again in season 2019/20 so that this season is as enjoyable as possible.

*Well Played* is a key resource for volunteers and is a great tool to find information quickly and easily, enabling you to play your role in helping your club or association thrive.



As well as providing the information you need to play your role in the game, *Well Played* covers topics such as diversity and inclusion, coaching, player pathways, helmet guidelines, all things MyCricket and our entry level program for kids – Woolworths Cricket Blast.

Thank you for your contribution to uniting and inspiring your community through cricket this year and all the best for the season ahead.

A handwritten signature in green ink, reading 'Kevin Roberts'.

**Kevin Roberts**  
Chief Executive Officer, Cricket Australia



# OVERVIEW

Australians love cricket!  
And this year more than 1.65 million players had a crack. With more than 3,800 clubs across Australia and new fast paced formats, there's never been a better time to pick up a bat.

Cricket's for all Australians! Welcoming and inclusive, it's a sport for every age, gender, culture and ability.

As a global game, it's building bridges between countries, communities, and attracting new fans and players all the time.

It's the incredible work of volunteers at clubs and associations that make our sport great! The countless hours that these volunteers invest grow opportunities for everyone to play, including women, Indigenous communities, people with a disability and those new to our shores.

This resource is designed to support the work done by those volunteers by providing guidance on best practices, and access to training and support.





# AUSTRALIAN CRICKET STRATEGY

## 2017-2022

### HOW WE PLAY

Be real, smash the boundaries,  
make every ball count,  
stronger together

#### OUR PURPOSE

To inspire everyone  
to love cricket



#### FANS

No.1 for fans

We will give fans  
what they want and  
grow the Big Bash



#### PARTICIPANTS AND VOLUNTEERS

No. 1 for participation

We will create the best  
participation experiences  
to grow junior cricket



#### ELITE PLAYERS AND TEAMS

No. 1 in all formats

We will deliver the best  
High Performance  
system for players



We will be the leading sport for women and girls



We will promote cricket to inspire love for the game



We will use technology to deliver great experiences for fans, participants and volunteers



We will maximise long-term sustainable revenue to drive investment in the game

#### WE WILL SUPPORT OUR STRATEGY BY:



Transforming how we  
lead, serve and unite the  
cricket community



Attracting and  
developing great  
people



Using the World T20 in 2020 as  
a springboard for cricket before,  
during and after the event





# THE SPIRIT OF CRICKET



CRICKET IS A WAY OF LIFE IN AUSTRALIA.

IT'S NOT JUST THE GAME,  
IT'S THE WAY THE GAME IS PLAYED.

It's the way everyone involved in the game conducts themselves, and how the Laws of Cricket maintain its spirit.

What are the Laws of Cricket? Check out the MCC website:  
[lords.org/mcc/laws](https://lords.org/mcc/laws)

The Spirit of Cricket is fostered through the values you bring to your team, club and the game.

Here are some tips to keep  
the spirit of the game alive.





# CRICKET ETIQUETTE

## ‘LEAVE THE GAME IN A BETTER STATE THAN HOW YOU FOUND IT!’

### TOSS OF THE COIN

- The home team captain tosses the coin - the opposition captain calls;
- The toss of the coin should be out on the pitch to be played upon;
- Captains should always shake hands prior and after the toss.

### ENTERING THE PLAYING FIELD FOR COMMENCEMENT OF PLAY

- Umpires are always the first to enter the playing field;
- The fielding side then takes the field, led by their captain. The two batters enter after the fielding team.

### DURING PLAY

- The batting team should sit together on the sidelines, where shade is available (except where individuals may be warming up in preparation for batting);
- It is normally the responsibility of the batting side to keep any score board up-to-date.

### LEAVING THE FIELD

- The batters are always first to leave the playing field;
- The fielding team follows the batters.

### BOWLERS' AND FIELDERS' GROUND MARKING

When marking their run-up, bowlers should refrain from damaging the grass or surface. This is in the interests of the participants and also as a sign of respect for those responsible for preparing the surface. The same applies to fielders who mark the ground as an indication of their positions on the field.



### ACKNOWLEDGEMENT OF MILESTONES

- Where appropriate, teams should acknowledge milestones during the game.
- After the game, all players should acknowledge the opposition and match officials by shaking hands.

### SUPPORT STAFF AND SPECTATORS

- The home team captain is to invite the umpires, opposition captain, and team for an appropriate post-match gathering to present the Spirit of Cricket award and reflect on the game to encourage friendship;
- Coaches, administrators, parents, teachers and spectators should respect the nature of the game and accept that it is the responsibility of umpires and the team captains to conduct a match in the appropriate manner. Any noise from the sidelines (other than appropriate recognition of good performance or effort), or any signals or form of communication to players is not in the best interests of the game;
- Any communication can be via the 12th player at drinks breaks or during breaks in play where teams leave the field;
- Barracking from the sidelines should always be of a positive nature.

Within the Spirit of Cricket, there are certain unwritten laws or practices that should be followed as a means of respecting the game, your opponents and your team.

### FAIR PLAY

According to the Laws of Cricket, 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 or coach to take action where required.

The captain and coach are responsible at all times for ensuring that play is conducted within the spirit of the game and within the Laws.

Captains, coaches and umpires together set the tone for the conduct of a cricket match.

Every player is expected to make an important contribution by playing the game in good spirit and fairness.

Examples of where a player fails to comply with the instructions of the umpire include:

- Criticising, by word or action, the decisions of an umpire;
- Showing dissent;
- Behaving in a manner which might bring the game into disrepute.

### RESPECT

The spirit of the game involves respect for:

- Your opponents
- Your captain, coach and team
- The role of the umpires
- The traditional values of cricket

### IT IS AGAINST THE SPIRIT OF THE GAME TO:

- Dispute an umpire's decision by word, act or gesture.
- Direct abusive language towards an opponent or umpire.
- Participate in cheating. Such instances include:
  - Appealing when knowing the batter is not out.
  - Advancing towards an umpire in an aggressive manner when appealing.
  - Seeking 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.

### UMPIRES MANAGING THE MATCH

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





# CODES OF BEHAVIOUR

Our Codes of Behaviour have been developed in alignment with Sport Australia and the Spirit of Cricket.

These codes help guide positive behaviour, so everyone can enjoy the game we love. We suggest associations, clubs and schools adopt and share these codes to those involved at the start of each season. These are in addition to any other codes you might already have in place.

Remember the safety of all involved comes first, so check out our Sport's Injury Management Plans and Return to Play Guidelines:

[community.cricket.com.au/clubs/policies](https://community.cricket.com.au/clubs/policies)

## HONOUR THE SPORT

- Act within the rules and the Spirit of Cricket.
- Promote fair play over winning at any cost.
- Respect the decisions of officials, coaches and administrators.
- Show respect and courtesy to all involved with the sport.
- Display responsible behaviour in relation to alcohol and other drugs.

## COACHING EXCELLENCE

- Help each person (athlete, official, etc.) to reach their potential. Respect the talent, developmental stage and goals of each person, and encourage them with positive and constructive feedback.
- Encourage and support opportunities for people to learn appropriate behaviours and skills.
- Support opportunities for participation in all aspects of the sport.
- Treat each participant as an individual.
- Obtain appropriate qualifications and keep up-to-date with the latest coaching practices, and the principles of growth and development of participants.

## COACHES CODE OF BEHAVIOUR

The Coaches Code of Behaviour is a positive document for all coaches. It affirms a coach's support for the concepts of responsibility, trust, competence, respect, safety, honesty, professionalism, equity and sportsmanship. The Code also provides a reference point for clubs, parents, athletes, schools and employers for what they should expect of a coach in demonstrating appropriate standards of behaviour.

- Remember that young people participate for pleasure and winning is only part of the fun;
- Never ridicule or yell at a young player for making a mistake or not coming first;
- 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.

## COACHING EXPECTATIONS

- Act with integrity and objectivity, and accept responsibility for your decisions and actions.
- Ensure your decisions and actions contribute to a harassment-free environment.
- Wherever practical, avoid unaccompanied and unobserved one-on-one activity (when in a supervisory capacity or where a power imbalance exists) with people under the age of 18.
- Ensure that any physical contact with another person is appropriate to the situation and necessary for the person's skill development.
- Be honest and do not allow your qualifications or coaching experience to be misrepresented.
- Never advocate or condone the use of illicit drugs or other banned performance enhancing substances or methods.
- Never participate in or advocate practices that involve match fixing.

## RESPECT

- Respect the rights and worth of every person, regardless of their age, race, gender, ability, cultural background, sexuality or religion.
- Do not tolerate abusive, bullying or threatening behaviour.

## CODE OF BEHAVIOUR AGREEMENT FORM

All coaches wishing to become registered with Cricket Australia Coaching (CAC) are required to sign an individualised Coaches' Code of Behaviour agreement form.

This form requires coaches to:

- Agree to abide by the Cricketer's Code of Behaviour.
- Acknowledge that Cricket Australia may take disciplinary action against them, if they breach the Code of Behaviour.
- Acknowledge that disciplinary action against them may include de-accreditation.





# CODES OF BEHAVIOUR

## PLAYERS CODE OF BEHAVIOUR

- Play by the rules;
- 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, and deliberately distracting or provoking an opponent, are not acceptable or permitted behaviours in cricket;
- 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 players 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;
- Participate for your own enjoyment and benefit, not just to please parents, teachers or coaches;
- Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion.

## UMPIRES CODE OF BEHAVIOUR

- 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;
- Encourage and promote rule changes which will make participation more enjoyable;
- Be a good sport yourself - actions speak louder than words;
- Keep up-to-date with the latest available resources for umpiring and the principles of growth and development of young people;
- You set the example. Your behaviour and comments should be positive and supportive.
- Place the safety and welfare of participants above all else;
- Respect the rights, dignity and worth of every person regardless of their gender, ability cultural background or religion.

## PARENTS & SUPPORTERS CODE OF BEHAVIOUR

- 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 skillful play by all participants;
- Support all efforts to remove verbal and physical abuse from sporting activities;
- Respect officials' decisions and 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.

## TEACHERS CODE OF BEHAVIOUR

- Create opportunities to teach appropriate sports behaviour, as well as basic skills related to cricket;
- For primary school children, give priority to free play through engaging activities and assist in further skill development and inclusive modified games of cricket over highly structured competition;
- Prepare young people for intra and inter school cricket competition by teaching them basic sport skills;
- Make young people aware of the positive benefits of participation in cricket and sporting activities within their local community;
- Keep up-to-date with coaching practices and the principles of physical growth and development. Read and use the latest available cricket coaching and teaching resources: [community.cricket.com.au/coach](http://community.cricket.com.au/coach)
- Help young people understand the differences between the junior cricket competition they participate in and professional sport;
- Help young people understand that playing by the rules is their responsibility;
- Give all young people equal opportunities to participate in administration, coaching and umpiring, as well as playing;
- Respect the rights, dignity and worth of every person, regardless of their gender, ability, cultural background or religion.





# PLAYER PATHWAYS



## AUSTRALIAN CRICKET PATHWAY



The Australian Cricket Pathway is divided into three stages - Foundation, Talent and Elite & Mastery.

Here are some tips to help players develop throughout the player pathway.

- The pathway aligns with key development times to maximise learning.
- The early years are about building the foundations.
- Focus on the holistic development of the individual including mental, tactical and physical development.
- The ability to adapt and perform is assessed throughout the pathway.
- Progression to more difficult competitions based on skill rather than just age.
- Growth is not linear so competency levels may vary as the player develops.

Want to know more about the foundation stages of the pathway?  
Check out [community.cricket.com.au/australian-cricket-pathway](https://community.cricket.com.au/australian-cricket-pathway)



### 6 KEY AREAS

CLEAR & ATTRACTIVE  
ENJOYMENT  
SKILLS & CAPABILITIES  
ALIGNED COMPETITIONS  
& TALENT ID  
RESOURCES  
COACHING & UMPIRING



# AUSTRALIAN CRICKET PATHWAY



# BACKYARD TO BAGGY GREEN



**ELITE & MASTERY**

**THE BAGGY GREEN:**  
Australian teams



**TALENT**

**BREAKTHROUGH:**  
Australia A & CBA Shooting Stars

**STRONG PERFORMANCES:**  
National senior competitions

**SKILL & DETERMINATION:**  
National 2nd tier competition & performance program

**POTENTIAL IS IDENTIFIED:**  
Premier 1sts, national youth competitions & programs



**FOUNDATION**

**PLAYING & COMPETING:**  
Junior & senior competition

**LEARNING THE SKILLS:**  
Woolworths Cricket Blast

**GET MOVING:**  
Barbecues, backyards & beaches





# CRICKET FOR PEOPLE WITH A DISABILITY

## CRICKET IS A SPORT FOR ALL AUSTRALIANS

Over the past five years Australian Cricket has worked to make the game more accessible to everyone, including those with a disability.

The result? Triple the participation of players with a disability and a clear pathway for these players from club cricket, to state teams, to fully funded national teams. There's never been a better time for people with a disability to get involved in cricket!

Cricketers with a disability are encouraged to join mainstream cricket clubs as a starting point. Clubs offer an inclusive environment, welcoming and accepting of everyone. We know this won't suit all players and it's not the only option. There are programs, teams and clubs that specifically cater to cricketers with a disability for example cricketers who are blind or have low vision can join a specific competition around the country.

There's a pathway on offer for cricketers with a disability leading to compete at national and international level.

The inaugural National Cricket Inclusion Championships kicked off in 2017 in Geelong, Victoria. This annual competition features three divisions, Blind and Low Vision, Deaf and Hard of Hearing and cricketers with an Intellectual Disability.

The first sport to bring all three divisions together in one national championship.

Want a taste of the action at these comps? Check out the website: [ncic.cricket.com.au](http://ncic.cricket.com.au)

The Australian Blind Cricket team, Australian Deaf Cricket team and Australian Team for Cricketers with an Intellectual Disability regularly compete in international competitions such as World Cups and other series against international teams both in Australia and abroad. The opportunity to travel overseas to places such as South Africa, India, England, Sri Lanka and the Caribbean (among others), is one of many benefits for cricketers with a disability who reach this level.

One of our biggest challenges is spreading the word about the incredible opportunities that exist for cricketers with a disability and this is where you can help us.

If you have (or know of someone with) a disability that would be interested in getting involved in cricket as a player, coach, umpire or volunteer, please visit [playcricket.com.au](http://playcricket.com.au)



Since July 1st 2017, Cricket Australia has fully funded all its National Disability Teams, making it the first non-Paralympic sport to do so. This has been made possible through the great support of the Commonwealth Bank who announced the country's single largest investment in women's sport and diversity sports programs in November 2016.







# JUNIOR PATHWAY

The **Junior Pathway** is the foundation of the overarching Australian Cricket Pathway which provides a path from entry level programs all the way to Australian Teams. The Junior Cricket Pathway includes a staged approach to help kids develop the required skills in a fun and action packed way. The stages have been developed based on research, testing and community feedback and are considerate of the physical, mental and emotional development of kids.

A key principal of the Australian Cricket Pathway is to encourage players to participate at the stage that is appropriate to their ability level and therefore the ages outlined are indicative only and could vary from males and females based on previous experience.



## JUNIOR BLASTERS

### LEARN THE SKILLS

DURATION **1hr**

**Introduction to Cricket**

**FUN, GAME-BASED  
ACTIVITIES**



## MASTER BLASTERS

### LEARN THE GAME

PLAYERS	<b>6</b>
PITCH	<b>14m</b>
OVERS	<b>12</b>
BOUNDARY	<b>30m</b>
DURATION	<b>1.5 hrs</b>

#### QUALIFYING SKILL

**Bowl with a  
straight arm over 14m**

**MULTIPLE GAMES  
ON THE OUTFIELD**



## JUNIOR CRICKET 1

### PLAYING THE GAME

PLAYERS	<b>7</b>
PITCH	<b>16m</b>
OVERS	<b>20</b>
BOUNDARY	<b>40m</b>
DURATION	<b>2 hrs</b>

BOYS/MIXED COMPETITION      ALL GIRLS COMPETITION

**U11**      **U13**

AGE IS USED AS A GUIDE ONLY



## JUNIOR CRICKET 2

### PLAYING AND COMPETING

PLAYERS	<b>9</b>
PITCH	<b>18m</b>
OVERS	<b>20/30</b>
BOUNDARY	<b>45m</b>
DURATION	<b>2 – 3 hrs</b>

BOYS/MIXED COMPETITION      ALL GIRLS COMPETITION

**U13**      **U15**

AGE IS USED AS A GUIDE ONLY

### REPRESENTATIVE LEVEL

PLAYERS	<b>11</b>
PITCH	<b>18m</b>
OVERS	<b>20/40*</b>
BOUNDARY	<b>50m</b>

\*Recommended maximum



## JUNIOR CRICKET 3

### PLAYING AND COMPETING

PLAYERS	<b>11</b>
PITCH	<b>20.1m</b>
OVERS	<b>20/40</b>
BOUNDARY	<b>50m</b>
DURATION	<b>2.5 – 4 hrs</b>

BOYS/MIXED COMPETITION      ALL GIRLS COMPETITION

**U18**

AGE IS USED AS A GUIDE ONLY

### REPRESENTATIVE LEVEL

PLAYERS	<b>11</b>
PITCH	<b>20.1m</b>
OVERS	<b>20/50*</b>
BOUNDARY	<b>55m</b>

\*Recommended maximum





# WOOLWORTHS CRICKET BLAST

Kids from all around Australia are getting into Woolworths Cricket Blast, the first step in the Australian Junior Cricket Pathway.

Spread across two levels, Junior Blasters for 5-7 year olds, and Master Blasters for 7-10s, the program has been designed based on research, testing and feedback from the community.

Woolworths Cricket Blast is the perfect program to keep kids active all year round, with easy adaptation to an indoor venue with Woolworths Cricket Blast - Indoor.

Need help? Give us call or shoot us a note:  
Email [cricketblast@cricket.com.au](mailto:cricketblast@cricket.com.au)  
Phone **1800 CRICKET (274 2538)**

THE **WOOLWORTHS CRICKET BLAST APP** IS HERE TO HELP YOU WITH EVERYTHING YOU NEED TO KNOW AT THE CLICK OF A BUTTON! DOWNLOAD IT NOW!



Hold the Woolworths Cricket Blast program in the palm of your hand with...

- Activity Videos
- Session Plans
- And More...



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## JUNIOR BLASTERS

Junior Blasters is for kids to develop through fun, game-based activities. It's all about the fun and developing the basics of:

- batting
- bowling
- fielding
- and fundamental movement skills!

Activities and games are designed for small groups to maximise participation.

No qualifying skills needed, Junior Blasters is for everyone! Check out our resources – they'll make running Junior Blasters a breeze:

- Woolworths Cricket Blast App
- Junior Blasters Coordinator Handbook
- Activity Game Cards
- Activity Videos
- Coaching Tips
- Online Training Modules

## MASTER BLASTERS

Master Blasters can bowl with a straight arm over 14 metres. Armed with the basics they're ready to apply them in modified games of cricket.

Blast Games let everyone bat, bowl, field and wicket keep. 'Skill Zone' activities keep kids developing the fundamentals, while 'Sideline Activities' keep them moving between hits.

It's fun, safe and easy to deliver – check out our resources for more info:

- Woolworths Cricket Blast App
- Master Blasters Coordinator Handbook
- Scorebooks
- Activity Videos
- Coaching Tips
- Online Training Modules





# JUNIOR CRICKET GAME FORMATS

Cricketers at every stage of development should be provided with game formats that challenge and enhance skills.

The Junior Cricket Formats is a staged approach to cater to skill level, providing action packed games that keep players engaged.

Because of this, consider players' skill when developing competitions for boys or girls and run the format stage that best fits the ability level of players.

Cricket Australia and State/Territory Cricket Associations have developed the Junior Cricket Formats (Stage 1, 2 and 3) and playing conditions to sequentially increase the complexity of the game.

Junior associations and clubs should adopt the endorsed Junior Cricket Formats to support the development of skill and a love of the game. The Junior Cricket Formats are for all abilities.

When clubs are selecting players, assess on ability rather than age.

## JUNIOR CRICKET FORMATS

- Ensure players have the opportunity to experience all aspects of the game.
- Provide choice to players and parents around the length of game at Stage 2 and Stage 3.
- Encourage greater participation by all players.
- Reduce the number of players per team for Stage 1 and 2.
- Ensure both teams bat and bowl on the same day.
- Mandate rotation of fielders through all fielding positions, particularly at Stage 1.
- Ensure all game formats comply with Australian Cricket's playing policies and guidelines.

Kids may want to specialise in one or multiple aspects of cricket. Be aware that the risks of early specialisation may include:

- Possible injuries resulting from overuse;
- Overtraining;
- Boredom and loss of interest for the infrequent participants.

DON'T FORGET ABOUT **CRICKET AUSTRALIA'S JUNIOR CRICKET APP** AVAILABLE FOR DOWNLOADING VIA **GOOGLE PLAY & THE APP STORE. IT'S A ONE-STOP-SHOP FOR COACHES, PARENTS & ADMINISTRATORS.**



The CA Junior Cricket Formats are a staged approach to help kids develop the required skills in a fun and action packed way. The app is designed to ensure players participate at the stage that suits their ability level and develop their skills for the format they are playing.



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## KEY PRINCIPLES OF JUNIOR CRICKET FORMATS: SUMMARY

**Focus is on enhancing players' enjoyment and retention by:**

- Encouraging players to compete at their skill level (Stage 1, Stage 2 or Stage 3).
- The formula underpinning the junior formats is: More Balls In Play = More Action + Better Skills.
- There are less players on the field (7 for Stage 1 and 9 for Stage 2) to increase activity levels for each player by providing more space, resulting in increased activity for fielders and more running between the wickets for batters.
- The size of the pitch has been reduced (16m for Stage 1 and 18m for Stage 2) to cater for the physical capabilities of the bowlers to develop a sound bowling technique.
- Boundaries have been reduced to allow a great opportunity for the batter to hit more fours and sixes.
- Games are 'time friendly' for parents. A Stage 1 match takes two hours and a Stage 2 match takes two or three hours depending on game format (20 over or 30 over).
- The purpose of allowing each player the opportunity to bat, bowl and field in different positions is to increase their level of engagement with cricket.
- Formats are aligned to the Australian Cricket Pathway competency framework.
- Coaching resources are consistent with the Australian Cricket Pathway and support development of player skills throughout the formats.
- Representative cricket is designed to stretch the best players. This includes inter-association, Regional, State and National Championships.
- Female pathways can use the same formats, however the progression may be different depending on the experience of players. This issue will become less over time as more and more girls take up the sport.

## AUSTRALIAN CRICKET PATHWAY ROLES

COACHES' ROLE	CLUBS' ROLE	ASSOCIATIONS' ROLE
Teach skills as per the Australian Cricket Pathway to prepare for the next level	Endorse and advocate the Australian Cricket Pathway philosophy and Junior Cricket Formats	Endorse and adopt the Australian Cricket revised junior formats for each stage
Provide environments that are fun, and maximise participation and development	Endorse and adopt MyCricket and PlayCricket websites	Promote Australian Cricket Pathway philosophies to attract and retain players
Base all sessions on games, what to do, not how to do it	Train and support accredited coaches and volunteers	Support volunteers with training
Key measure: players improving skills and returning next season	Support coaches and volunteers to create fun playing environments	Actively promote resources and MyCricket website in communication
Provide feedback to associations, States and Territories and Cricket Australia		





# JUNIOR CRICKET STAGE 1



## 20 OVER DETAILED MATCH DAY RULES

STAGE	STAGE 1
SUMMARY	Playing the game
PURPOSE	Community club and school
DESCRIPTION	This format is designed for those kids who have completed Cricket Australia's Entry Level Programs and are ready for their first taste of junior club competition. Designed to stimulate action and test game sense and skills whether batting, bowling or fielding.
INDICATIVE AGE	<ul style="list-style-type: none"><li>U10 &amp; U11</li></ul>
COACH	<ul style="list-style-type: none"><li>Accredited Community (Level 1) Coach</li></ul>
GAME TYPE	<ul style="list-style-type: none"><li>T20 (20 over game)</li></ul>
BALL	<ul style="list-style-type: none"><li>Modified ball (circumference 21-22.5cm, ideal weight 120-140g).*</li></ul> *Synthetic options available as per Stage 1 Modified Balls Guidance.
TIME	<ul style="list-style-type: none"><li>120 mins (2 hrs)</li><li>The Association/Competition Manager have the option to include a cut off time for the 1st innings if required for local needs including facilities usage, travel time, daylight issues or heat.</li><li>Please refer to Match Management document for time saving strategies.</li></ul>
EQUIPMENT	<ul style="list-style-type: none"><li>Helmet's <b>must be worn at all times</b> whilst batting &amp; wicket-keeping.</li><li>Pads</li><li>Gloves</li><li>Protector</li><li>Additional safety equipment can be worn based on match conditions and/or personal preference.</li><li>2 sets of portable stumps recommended (with base and bails) - minimum 1 set of portable stumps required.</li><li>Bat size: Size 4 (&lt;1.8lb or &lt;800gm) is recommended.</li><li>Modified ball (as per specifications above).</li><li>Measuring tape or string to measure pitch length and boundary.</li><li>Boundary markers</li><li>Chalk, tape or paint to mark crease.</li></ul>
BOUNDARY	<ul style="list-style-type: none"><li>40m (maximum)</li><li>Boundary is to be measured from the batter's end stumps.</li><li>Refer to Boundary Setup Document for further information on the boundary setup process.</li></ul>
PITCH TYPE AND LENGTH	<ul style="list-style-type: none"><li>Outfield or hard wicket surface.</li><li>16m length - measured stump to stump.</li></ul>
OVERS	<ul style="list-style-type: none"><li>20 overs per team (120 balls)</li></ul>

STAGE	STAGE 1
TEAM	<ul style="list-style-type: none"><li>7 players per team.</li><li>5 players per team is the minimum required to play the game.</li><li>9 players is the maximum to be allocated to a team (maximum 7 players on field at any given time).</li></ul>
INNINGS	<ul style="list-style-type: none"><li>1 innings of 20 overs per team</li></ul>
BATTING	<ul style="list-style-type: none"><li>All balls (regardless of whether wides/no balls) will be included in the batter's ball count.</li><li>Batter to swap end following a dismissal. If there is a run out the not out batter is required to face the next delivery.</li><li>As there is allowances for varying team size, the following retirement rules apply:<ul style="list-style-type: none"><li>5 player team - batters retire at 24 balls</li><li>6 player team - batters retire at 20 balls</li><li>7 player team - batters retire at 17 balls</li><li>8 player team - batters retire at 15 balls</li><li>9 player team - batters retire at 13 balls</li></ul></li><li>If there is an extra ball to be bowled, the batter facing at the time will face the extra ball (i.e. 17 x 7 = 119).</li><li>Batters are to retire as soon as they face their allotted balls, not at the end of the over.</li></ul>
BOWLING	<ul style="list-style-type: none"><li>6 balls per over (maximum)</li><li>All players are to bowl (each Wicket-Keeper is to bowl one over each).</li><li>Maximum overs bowled by a player are 4 overs *Please see Recommended Bowling Breakdown for recommended over per player options.</li><li>Bowlers are to bowl from the one end for entire game.</li></ul>
FIELDING	<ul style="list-style-type: none"><li>Rotation of fielders is required to ensure all players experience all positions.</li><li>No fielders within 15 metres of batter or each other (except Wicket-Keeper) to encourage singles and safety.</li><li>Each team is required to use two (2) wicket keepers (10 overs each).</li><li>If more than 7 players are present at a match, they should rotate onto the field each over.</li><li>The Association or Competition Manager/s have the option to allow the coach of the fielding team to be present on the field to assist the captain with bowling &amp; fielding changes. If the coach is umpiring, 1 additional parent/coach/team manager from the fielding team can assist.</li></ul>
DISMISSALS	<ul style="list-style-type: none"><li>Unlimited dismissals (each player will face the nominated number of balls each).</li><li>The Association or Competition Manager/s have the option to introduce a consequence for dismissals. If so, then 4 runs per wicket will be added to the opposition (bowling teams) total at the end of the innings.</li><li>The following dismissals apply in this format: Bowled, Caught, Caught &amp; Bowled, Run Out, Stumped, Hit Wicket.</li></ul>



## 20 OVER DETAILED MATCH DAY RULES

STAGE	STAGE 2 - T20
SUMMARY	Playing and competing
PURPOSE	Community club and school
DESCRIPTION	A format that looks to further develop the cricket skills of kids that are playing their 2nd or 3rd year of junior cricket. The emphasis here is on continuous and active participation, where all players get to bat, bowl and field in a 2-hour window.
INDICATIVE AGE	U12 or U13
COACH	• Accredited Community (Level 1) Coach
GAME TYPE	• T20 (20 over game)
BALL	• 142g hard or leather (male) • 142g hard or leather (female)
TIME	• 120 mins (2hrs) • The Association/Competition Manager have the option to include a cut off time for the 1st innings if required for local needs including facilities usage, travel time, daylight issues or heat.
EQUIPMENT	<ul style="list-style-type: none"> <li>• Helmet's <b>must be worn at all times</b> whilst batting &amp; wicket-keeping.</li> <li>• Pads</li> <li>• Gloves</li> <li>• Protector</li> <li>• Additional safety equipment can be worn based on match conditions and/or personal preference.</li> <li>• 2 sets of portable stumps recommended (with base and balls) – minimum 1 set of portable stumps required.</li> <li>• Bat size: Size 5 or 6 (weight &lt;2lb or &lt;900g) is recommended.</li> <li>• Measuring tape or string to measure Pitch length and boundary.</li> <li>• Boundary markers</li> <li>• Chalk, tape or paint to mark crease.</li> </ul>
BOUNDARY	<ul style="list-style-type: none"> <li>• 45m (maximum)</li> <li>• Boundary is to be measured from the centre of the pitch.</li> <li>• Refer to Boundary Setup Document for further information on the boundary setup process.</li> </ul>
PITCH TYPE AND LENGTH	<ul style="list-style-type: none"> <li>• Hard wicket or Turf Wicket.</li> <li>• 18m length – measured stump to stump.</li> <li>• For simplicity in measurement, stumps can be brought in at each end to the 2 front crease lines (17.7m).</li> </ul>
OVERS	• 20 overs per team (120 balls)

STAGE	STAGE 2 - T20
TEAM	<ul style="list-style-type: none"> <li>• 9 players per team</li> <li>• 7 players per team minimum are required to play the game.</li> <li>• 11 players per team maximum are to be allocated to a team (maximum 9 players on field at any given time).</li> </ul>
INNINGS	• 1 innings of 20 overs per team
BATTING	<ul style="list-style-type: none"> <li>• With allowances for varying team size, the following retirement rules apply: <ul style="list-style-type: none"> <li>• 7 player team – batters retire at max 20 balls faced</li> <li>• 8 player team – batters retire at max 20 balls faced</li> <li>• 9 player team – batters retire at max 20 balls faced</li> <li>• 10 player team – batters retire at max 15 balls faced</li> <li>• 11 player team – batters retire at max 15 balls faced</li> </ul> </li> <li>• Retirement limits are based on the assumption that players will be dismissed. Coaches are encouraged to monitor the batting innings &amp; have the ability to retire players at any time prior to the retirement limits set above to encourage maximum participation.</li> <li>• Any retired batters can return when all others have batted, in the order they retired.</li> <li>• All balls (regardless of whether wides/no balls) will be included in the batter's ball count</li> <li>• The innings is deemed as closed after the batting team has completed their allotted overs or the following amount of wickets have fallen: <ul style="list-style-type: none"> <li>• 7 player team: 6 wickets</li> <li>• 8 player team: 7 wickets</li> <li>• 9-11 player team: 8 wickets</li> </ul> </li> </ul>
BOWLING	<ul style="list-style-type: none"> <li>• 6 balls per over (maximum of 8 balls per over except the last over where 6 legal deliveries must be bowled).</li> <li>• Maximum of 4 overs per bowler. *Please see Recommended Bowling Breakdown for recommended over per player options.</li> <li>• Coaches are encouraged to rotate the opportunity for players to bowl 4 overs in a match.</li> <li>• Bowlers change ends at 10 overs.</li> <li>• Bowlers can bowl from one end for the entire game at competition manager's discretion.</li> </ul>
FIELDING	<ul style="list-style-type: none"> <li>• To ensure players experience all fielding positions, fielding rotations can be implemented at the discretion of the Coach.</li> <li>• No fielders within 10 metres of the bat (except regulation off side slips, gully and wicket keeper).</li> <li>• If more than 9 players are present at a match, they should rotate onto the field each over.</li> <li>• Teams have the option to change wicket-keepers after 10 overs.</li> </ul>
DISMISSALS	• All modes of dismissal count.

## 30 OVER DETAILED MATCH DAY RULES

STAGE	STAGE 2
SUMMARY	Playing and competing
PURPOSE	Community club and school
DESCRIPTION	A format that looks to further develop the cricket skills of kids that are playing their 2nd or 3rd year of junior cricket. The emphasis here is on continuous and active participation, where all players get to bat, bowl and field in a 3-hour window.
INDICATIVE AGE	U12 or U13
COACH	• Accredited Community (Level 1) Coach
GAME TYPE	• 30 over (maximum) One Day game
BALL	• 142g hard or leather (male) • 142g hard or leather (female)
TIME	<ul style="list-style-type: none"> <li>• 180mins (3hrs)</li> <li>• The Association/Competition Manager have the option to include a cut off time for the 1st innings if required for local needs including facilities usage, travel time, daylight issues or heat.</li> </ul>
EQUIPMENT	<ul style="list-style-type: none"> <li>• Helmet's <b>must be worn at all times</b> whilst batting &amp; wicket-keeping.</li> <li>• Pads</li> <li>• Gloves</li> <li>• Protector (males)</li> <li>• Additional safety equipment is able to be worn based on match conditions and/or personal preference.</li> <li>• 2 sets of portable stumps recommended (with base and balls) – minimum 1 set of portable stumps required.</li> <li>• Bat size: Size 5 or 6 (weight &lt;2lb or &lt;900g) is recommended.</li> <li>• Measuring tape or string to measure Pitch length and boundary.</li> <li>• Boundary markers</li> <li>• Chalk, tape or paint to mark crease.</li> </ul>
BOUNDARY	<ul style="list-style-type: none"> <li>• 45m (maximum)</li> <li>• Boundary is to be measured from the centre of the pitch.</li> <li>• Refer to Boundary Setup Document for further information on the boundary setup process.</li> </ul>
PITCH TYPE AND LENGTH	<ul style="list-style-type: none"> <li>• Hard wicket or Turf Wicket.</li> <li>• 18m length</li> <li>• For simplicity in measurement, stumps can be brought in at each end to the 2 front crease lines (17.7m).</li> </ul>
OVERS	• 30 overs maximum per team (180 balls)

STAGE	STAGE 2
TEAM	<ul style="list-style-type: none"> <li>• 9 players per team</li> <li>• 7 players per team minimum are required to play the game.</li> <li>• 11 players per team maximum are to be allocated to a team (maximum 9 players on field at any given time).</li> </ul>
INNINGS	<ul style="list-style-type: none"> <li>• 1 innings of 30 overs (maximum) per team</li> <li>• The Associations or Competition Manager have the option to play split innings/quarters (2 innings per team of 15 overs each).</li> </ul>
BATTING	<ul style="list-style-type: none"> <li>• With allowances for varying team size, the following retirement rules apply: <ul style="list-style-type: none"> <li>• 7 player team – batters retire at max 30 balls faced</li> <li>• 8 player team – batters retire at max 30 balls faced</li> <li>• 9 player team – batters retire at max 30 balls faced</li> <li>• 10 player team – batters retire at max 25 balls faced</li> <li>• 11 player team – batters retire at max 20 balls faced</li> </ul> </li> <li>• Retirement limits are based on the assumption that players will be dismissed. Coaches are encouraged to monitor the batting innings &amp; have the ability to retire players at any time prior to the retirement limits set above to encourage maximum participation.</li> <li>• Any retired batters can return when all others have batted, in the order they retired.</li> <li>• All balls (regardless of whether wides/no balls) will be included in the batter's ball count</li> <li>• The innings is deemed as closed after the batting team has completed their allotted overs or the following amount of wickets have fallen: <ul style="list-style-type: none"> <li>• 7 player team: 6 wickets</li> <li>• 8 player team: 7 wickets</li> <li>• 9-11 player team: 8 wickets</li> </ul> </li> </ul>
BOWLING	<ul style="list-style-type: none"> <li>• 6 balls per over (maximum of 8 balls per over except the last over where 6 legal deliveries must be bowled).</li> <li>• Maximum of 5 overs per bowler. *Please see Recommended Bowling Breakdown for recommended over per player options.</li> <li>• Coaches are encouraged to rotate the opportunity for players to bowl 4 overs in a match.</li> <li>• Bowlers change ends at 15 overs.</li> <li>• Bowlers can bowl from one end for the entire game at competition manager's discretion.</li> </ul>
FIELDING	<ul style="list-style-type: none"> <li>• To ensure players experience all fielding positions, fielding rotations can be implemented at the discretion of the Coach.</li> <li>• Teams have the option to change wicket-keepers after 15 overs.</li> <li>• No fielders within 10 metres of the bat (except regulation off side slips, gully and wicket-keeper).</li> <li>• If more than 9 players are present at a match, they should rotate onto the field each over.</li> </ul>
DISMISSALS	• All modes of dismissal count.



20 OVER DETAILED MATCH DAY RULES - T20

STAGE	STAGE 3 - T20	STAGE	STAGE 3 - T20
SUMMARY	Playing and competing	OVERS	<ul style="list-style-type: none"><li>20 overs per team (120 balls)</li></ul>
PURPOSE	Community club	TEAM	<ul style="list-style-type: none"><li>11 players per team</li></ul>
DESCRIPTION	This format is appropriate for players with developed skills who are ready to apply them in the full dimensions of the game – it is aligned to adult cricket on a full-length wicket with 11 players.	INNINGS	<ul style="list-style-type: none"><li>1 innings of 20 overs per team</li></ul>
INDICATIVE AGE	U14-U19	BATTING	<ul style="list-style-type: none"><li>There is no compulsory retirement in Stage 3.</li><li>Competition manager/association can enforce player retirement (40 balls faced) at their discretion.</li><li>If retirement limit enforced, any retired batters may return to the crease once all others have batted, in the order they retired.</li></ul>
COACH	<ul style="list-style-type: none"><li>Accredited Community (Level 1) Coach</li></ul>	BOWLING	<ul style="list-style-type: none"><li>6 balls per over (All wides and no-balls are to be re-bowled).</li><li>A minimum of 5 players must bowl.</li><li>There is a maximum of 4 overs per bowler.</li><li>Bowlers change end after each over.</li><li>The Association or Competition Manager can alter playing conditions to allow 5 or 10 overs to be bowled from one end at a time.</li></ul>
GAME TYPE	<ul style="list-style-type: none"><li>T20 (20 over game)</li></ul>	FIELDING	<ul style="list-style-type: none"><li>To ensure players experience all fielding positions, fielding rotations can be implemented at the discretion of the Coach.</li><li>No fielders within 10 metres (except regulation off side slips, gully and wicket-keeper).</li></ul>
BALL	<ul style="list-style-type: none"><li>156g leather (male)</li><li>142g leather (female)</li></ul>	DISMISSALS	<ul style="list-style-type: none"><li>All modes of dismissal count.</li></ul>
TIME	<ul style="list-style-type: none"><li>120mins (2hrs)</li><li>The Association/Competition Manager have the option to include a cut off time for the 1st innings if required for local needs including facilities usage, travel time, daylight issues or heat.</li><li>Please refer to Match Management document for time saving strategies.</li></ul>		
EQUIPMENT	<ul style="list-style-type: none"><li>Helmet's <b>must be worn at all times</b> whilst batting &amp; wicket-keeping.</li><li>Pads</li><li>Gloves</li><li>Protector</li><li>Additional safety equipment can be worn based on match conditions and/or personal preference.</li><li>2 sets of stumps with bails.</li><li>Bat size: Size 6 (weight &lt;2.2lb or &lt;1000g).</li><li>Measuring tape or string to measure boundary.</li><li>Boundary markers</li></ul>		
BOUNDARY	<ul style="list-style-type: none"><li>50m (maximum)</li><li>Boundary to be measured from the centre of the pitch.</li><li>Refer to Boundary Setup Document for further information on the boundary setup process.</li></ul>		
PITCH TYPE AND LENGTH	<ul style="list-style-type: none"><li>Hard Wicket or Turf Wicket</li><li>20.1m (standard pitch length)</li></ul>		

40 OVER DETAILED MATCH DAY RULES

STAGE	STAGE 3	STAGE	STAGE 3
SUMMARY	Playing and competing	OVERS	<ul style="list-style-type: none"><li>30 over maximum (female) per team</li><li>40 overs maximum (male) per team</li></ul>
PURPOSE	Community club	TEAM	<ul style="list-style-type: none"><li>11 players per team</li></ul>
DESCRIPTION	This format is appropriate for players with developed skills who are ready to apply them in the full dimensions of the game – it is aligned to adult cricket on a full-length wicket with 11 players.	INNINGS	<ul style="list-style-type: none"><li>1 innings of 30 overs (maximum) per team (female)</li><li>1 innings of 40 overs (maximum) per team (male)</li><li>The Association or Competition Managers have the option to play split innings/quarters cricket (2 innings per team of 15/20 overs each).</li></ul>
INDICATIVE AGE	U14-U19	BATTING	<ul style="list-style-type: none"><li>There is no compulsory retirement in Stage 3.</li><li>Competition manager/association can enforce player retirement (60 balls faced) at their discretion.</li><li>If retirement limit enforced, any retired batters may return to the crease once all others have batted, in the order they retired.</li></ul>
COACH	<ul style="list-style-type: none"><li>Accredited Community (Level 1) Coach</li></ul>	BOWLING	<ul style="list-style-type: none"><li>6 balls per over (All wides and no-balls are to be re-bowled).</li><li>A minimum of 5 players must bowl.</li><li>There is a maximum of 8 overs per bowler (male) and 6 overs per bowler (female).</li><li>Bowlers change end after each over.</li><li>The Association or Competition Manager can alter playing conditions to allow 5 or 10 overs to be bowled from one end at a time.</li></ul>
GAME TYPE	<ul style="list-style-type: none"><li>30 over One Day game (maximum) - female</li><li>40 over One Day game (maximum) - male</li></ul>	FIELDING	<ul style="list-style-type: none"><li>To ensure players experience all fielding positions, fielding rotations can be implemented at the discretion of the Coach.</li><li>No fielders within 10 metres (except regulation off side slips, gully and wicket keeper).</li></ul>
BALL	<ul style="list-style-type: none"><li>142g leather (female)</li><li>156g leather (male)</li></ul>	DISMISSALS	<ul style="list-style-type: none"><li>All modes of dismissal count.</li></ul>
TIME	<ul style="list-style-type: none"><li>180mins (3hrs) - female</li><li>240 mins (4hrs) - male</li><li>The Association or Competition Manager have the option to include a cut off time for the 1st innings if required for local needs including facilities usage, travel time, daylight issues or heat.</li><li>Please refer to Time Saving Strategies Document for further information.</li></ul>		
EQUIPMENT	<ul style="list-style-type: none"><li>Helmet's <b>must be worn at all times</b> whilst batting &amp; wicket-keeping.</li><li>Pads</li><li>Gloves</li><li>Protector</li><li>Additional safety equipment can be worn based on match conditions and/or personal preference.</li><li>2 sets of stumps with bails.</li><li>Bat size: Size 6 (weight &lt;2.2lb or &lt;1000g).</li><li>Measuring tape or string to measure boundary.</li><li>Boundary markers</li></ul>		
BOUNDARY	<ul style="list-style-type: none"><li>50m (maximum).</li><li>Boundary to be measured from the centre of the pitch.</li><li>Refer to Ground Setup Document for further information on boundary setup process.</li></ul>		
PITCH TYPE AND LENGTH	<ul style="list-style-type: none"><li>Hard wicket or Turf wicket</li><li>20.1m (standard pitch length)</li></ul>		



# INDOOR CRICKET



Indoor cricket is a fast-paced game played on synthetic turf inside a netted court. Every player bats, bowls and fields, making it an ideal game for players wanting high involvement regardless of their skill level.

Indoor cricket players have the opportunity to play locally within centres and also at a representative level, competing for their State or Territory and their country.

	4, 6 OR 8 A SIDE	MIXED
GAME FORMATS (IDEAL GAME TYPES)	1 innings per side, 12 -16 overs per innings	
BALL (IDEAL SIZE AND TYPE)	Recognised brand of indoor cricket ball	Recognised brand of indoor cricket ball
PROTECTIVE EQUIPMENT	<b>Minimum</b> Batting Gloves, Protector	<b>Minimum</b> Batting Gloves, Protector
COURT SIZE	<b>Length</b> 28-30m, <b>Width</b> 10 – 12m, <b>Height</b> 4 – 4.5m	<b>Length</b> 28-30m, <b>Width</b> 10.5 – 12m, <b>Height</b> 4 – 4.5m
TEAM	<b>4 -8 players</b>	<b>4-8 players</b> No more than 2 players of same gender in 4 a side. No more than 3 players of same gender in 6 a side. No more than 4 players of same gender in 8 a side.
BATTING	Each player must bat. Batters bat in pairs for a period of 4 overs. When dismissed, batters lose 5 runs but continue to bat.	Each player must bat. Batters bat in pairs for a period of 4 overs. Each pair must contain 1 x male and 1 x female batter. When dismissed, batters lose 5 runs but continue to bat.
BOWLING	Players must bowl 2 overs each. In the event of the fielding side being short of numbers, the batting side nominates the bowlers to complete the missing players overs.	Players must bowl 2 overs each. Male and female bowlers must alternate. In the event of the fielding side being short of numbers, the batting side nominates the bowlers to complete the missing players overs.
FIELDING	There must be no more than half the fielders in each half of the court. Fielders cannot enter the 3m exclusion zone prior to the batter playing the ball.	There must be no more than half the fielders in each half of the court. Fielders cannot enter the 3m exclusion zone prior to the batter playing the ball.
PITCH LENGTH	<b>Standard pitch</b> 20.12m	<b>Standard pitch</b> 20.12m
DISMISSALS (LBW INCLUDED)	As per rules of outdoor cricket. Players can be caught off the netting. LBW will only be introduced if a batter fails to play a shot.	As per rules of outdoor cricket. Players can be caught off the netting. LBW will only be introduced if a batter fails to play a shot.





# COMPARE JUNIOR FORMATS

## JUNIOR COMPETITION



Woolworths Cricket Blast is the first step on the Australian Junior Cricket Pathway: made up of two levels Junior Blasters, for kids new to Cricket and Master Blasters for kids that have mastered the basics.

### Junior Blasters

- Great for boys and girls new to cricket
- Focus on building skills through fun, game-based activities
- 60 minute session
- Approximate age range is 5 - 7
- At least 6 weeks of action
- All equipment provided
- Fun and safe environment

### Master Blasters

- Great for boys and girls who are ready to play modified games of cricket
- Fun and social setting
- 90 minute session
- Approximate age range is 7 - 10
- At least 6 weeks of action
- All equipment provided
- Safe and inclusive environment



Kids play organised games of cricket at their local club – an opportunity for your kids to make new friends!

### Features

- For boys and girls aged 9-17
- For kids with basic cricket skills
- Play games of cricket
- Game formats and length vary based on stages
- Full cricket season
- Some equipment may be provided
- Fun and active
- Club & school environment



Indoor cricket is a fun and social way for players to get active with their friends or family any time of the year.

### Features

- Fun and active game for boys and girls aged 9-17
- For kids new to cricket or those wanting to further develop their skills
- Play indoors so never washed out!
- Fast format with games lasting just over an hour
- Seasons starting regularly all year round
- Everyone gets a chance to bat, bowl & field



# COMPARE SENIOR FORMATS

## SENIOR COMPETITION



Play organised games of cricket at the local club.

### Features

- For men, women and talented young players
- Various divisions to cater for all abilities
- Veterans cricket that caters for Over 50's, 60's and 70's, including representative opportunities
- It's cricket with various formats played, including T20, One Day and Two Day cricket
- Games can range from 2 to 6 hours
- Experienced umpires may be provided
- Full cricket season offered
- Many clubs offer equipment
- Fun, social and active
- Club environment



Indoor cricket is a fun and social way for players to get active with their friends or family any time of the year.

### Features

- Fun and active game for men and women of all ages
- Various divisions to cater for all abilities
- Play indoors so never washed out!
- Fast format with games lasting just over an hour
- Seasons starting regularly all year round
- Everyone gets a chance to bat, bowl & field





# COACHES, UMPIRES AND VOLUNTEERS



## BENEFITS OF VOLUNTEERING



VOLUNTEERING CAN BE REWARDING FOR A HOST OF REASONS, SUCH AS:

- ✓ Skill acquisition, such as communication and leadership skills
- ✓ Meeting new people
- ✓ Experiencing new challenges and developing confidence
- ✓ The ability to explore different sorts of careers or job opportunities in a voluntary capacity
- ✓ A written/verbal reference
- ✓ Respect for different people and conditions
- ✓ An increased sense of worth and accomplishment from making a difference
- ✓ A stronger sense of community and decrease in social isolation
- ✓ Learning new skills or using existing skills



# COACH, UMPIRE AND VOLUNTEER PATHWAYS

## COACHING PATHWAYS

Coaches are critical to ensuring all players have a positive and fun cricket experience in a safe learning environment.

Community coaches have a significant impact on players in the development of skills and ensuring they have the opportunity to make their dreams come true, from backyard to Baggy Green.

All coaches, including Woolworths Cricket Blast Coordinators, school teachers, junior and senior club coaches, have been identified as the most significant

factor impacting on the continued participation in cricket of the players in their care.

Following is an outline of the coach accreditation pathway which provides your coaches with the support and knowledge to further develop participants at your club or school.

## WOOLWORTHS CRICKET BLAST ONLINE TRAINING

- The brand new online Woolworths Cricket Blast training course consists of four short interactive modules (approx. 15min per module).
- The course provides Woolworths Cricket Blast Coordinators and members of the Blast Crew with important information, strategies and resources to assist kids of all abilities and backgrounds develop their cricket skills, stay fit and healthy and have fun with friends.
- Upon completion of the modules, Woolworths Cricket Blast Coordinators and members of the Blast Crew should feel ready to deliver a safe, fun and engaging program.
- This online training course is designed to complement the practical training delivered by your State and Territory Cricket Association. Contact your local State/Territory Cricket Association or the Cricket Blast Helpdesk for further information:  
*Email: [cricketblast@cricket.com.au](mailto:cricketblast@cricket.com.au)*  
*Phone: 1800 CRICKET (274 2538)*

## COMMUNITY COACH COURSE

The Community Coaching Course is designed for people coaching players at club level, junior or senior.

### The Community Coach Course covers:

**Coach Approach** – develop an understanding of the Australian Way philosophy and where players fit on the Australian Cricket Pathway.

**Scoring Runs** – how to teach players to score runs, off the front and back foot and how to stay in.

**Taking Wickets** – how to teach players to take wickets and save runs by bowling pace and spin, and the latest catching and throwing approaches, including wicket keeping specialties.

**Preparing to Perform** – how to include basic physical elements to training sessions, appropriate hydration for players and methods to motivate players.

**Leading the Game** – how to coach captains to make decisions in response to the game situation and how to create leaders within the playing group.

## REPRESENTATIVE COACH COURSE

The Representative Coaching Course is designed for people coaching players or teams at a representative level or pathway programs and senior club coaches.

The course will extend the skills of a coach, teaching them how to progress players to enhance their skills and reach their goals.

Topics covered include: coaching The Australian Way, developing players, identifying talent, exploring coaching philosophies, technicalities of scoring runs and taking wickets, principles of teaching and learning and coaching safely.

## HIGH PERFORMANCE COACHING PROGRAM

The High Performance Coaching Program is Cricket Australia's flagship education program available to coaches in or entering the high performance areas of cricket, including grade/premier cricket, underage State teams, senior State teams, national high performance teams or players.

An important element is the requirement for each coach to nominate a mentor with whom they will liaise throughout the 12 month assessment period.

## CRICKET AUSTRALIA COACHING (CAC)

At all levels across Australian Cricket, we want players to enjoy the game, develop skills, be competitive, have success and above all – have fun doing it! Cricket Australia recognises the significant role of coaches at all levels of the game and established Cricket Australia Coaching.

Research over many years has indicated the impact a coach can have on enabling players to stay in the game. We also recognise that a coaching 'course' is only one step in the process of assisting coaches to become more proficient.

CAC has been established as a means to support coaches through the provision of ongoing development opportunities and ultimately through recognition of excellence at all levels of involvement.

CAC is a major source of coach education and recognition throughout the country.

CAC members can look forward to the following benefits:

- Access to CAC seminars/workshops through State/Territory cricket Associations.
- Access to over 200 activity clips to help your players to score runs and take wickets.

To become a member of CAC please visit [community.cricket.com.au/coach](http://community.cricket.com.au/coach)



CRICKET AUSTRALIA OFFERS A FREE COACHING APP CALLED **CRICKET AUSTRALIA COACHING** WHICH PROVIDES RESOURCES TO ENABLE YOU TO COACH OUT IN THE FIELD.



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# UMPIRING PATHWAYS

Umpiring is a great way for people of all ages and abilities to be involved in the game we all love.

We invite everyone to get involved in umpiring!

Take the Community Officiating online training. Regardless of if you're dreaming on moving through the umpire pathway or are a parent keen to step in now and then, this course is for you.

[community.cricket.com.au/umpire](http://community.cricket.com.au/umpire)

## READY FOR THE NEXT STEP?

Wanting to take your umpiring skills to the next level? Enquire about the Cricket Australia Representative Officiating course. Shoot your State Umpire Manger or local Umpire Association a note to learn more.



# VOLUNTEERS

Cricket Australia encourages everyone in cricket to adopt a best practice approach to volunteer involvement.

It is only by recruiting new volunteers, retaining volunteers who join our great game, and publicly recognising the enormous contribution that volunteers make, that we strengthen our game and further our vision of cricket being Australia's favourite sport.

## WHY VOLUNTEER?

Roughly 4.4 million Australians make a difference in their local community by volunteering each year. Volunteers are the lifeblood of cricket in the community. Without volunteer involvement at all levels of the game, from people supporting first-time juniors to the veterans of the game, many communities, clubs and teams would cease to exist.

There are so many ways that you can be involved in cricket - through coaching, umpiring, scoring, administering the game and more.

## A SPORT FOR ALL AWARDS

Each year, volunteers are recognised for their ongoing contribution to making Cricket Australia's favourite sport in local and State held celebrations. These awards culminate into the national A Sport for All awards where volunteer winners from across the country come together to be recognised, celebrated and rewarded across multiple categories.



## 50 YEAR SERVICE TO CRICKET

Each year, State and Territory Cricket Associations undertake a variety of volunteer recognition initiatives to celebrate, reward and recognise the tremendous work community cricket volunteers contribute each season.

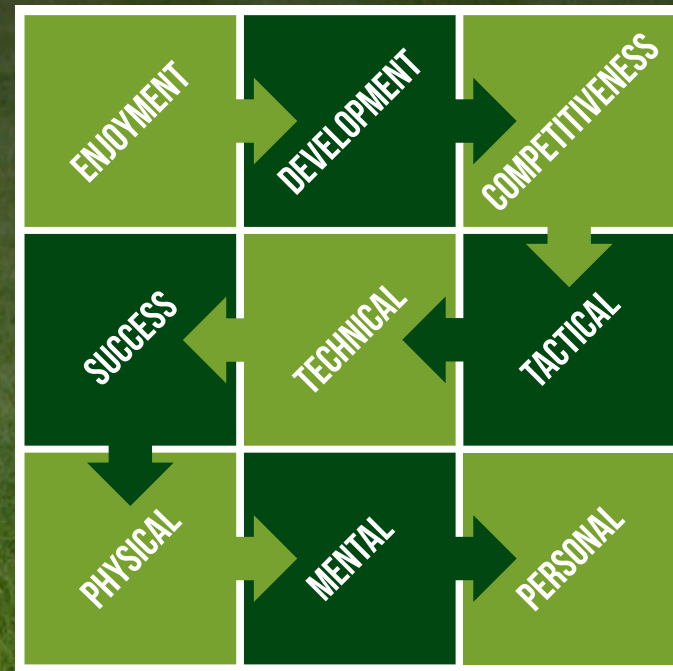
## VOLUNTEER MANAGEMENT FRAMEWORK

Retaining and recruiting volunteers is key to any club and association running smoothly. The Volunteer Management Framework will support and guide clubs and associations in both these areas to enable your club to thrive on and off the field.

Resources are available to clubs to assist with recruiting, retaining and celebrating their volunteers.

The Cricket Australia Volunteer Management Framework and Action Plan can be accessed from [community.cricket.com.au/clubs/running-your-club/volunteers](http://community.cricket.com.au/clubs/running-your-club/volunteers)





# THE AUSTRALIAN WAY

## NATIONAL COACHING PHILOSOPHY AND THE BASICS

A CLEAR, ATTRACTIVE AND ALIGNED PLAYER & COACH PATHWAY WITH LEARNING ENVIRONMENTS THAT ARE FUN, SAFE AND HIGH QUALITY.

ATTRACT, RETAIN AND DEVELOP CRICKETERS AT ALL LEVELS WITH A FOCUS ON THE BASICS TO DEVELOP CRICKETERS HOLISTICALLY.

**“TELL THEM WHAT YOU WANT THEM TO DO, NOT HOW TO DO IT”**

DON BRADMAN 1958



## REMEMBER WHEN COACHING:



REMEMBER THAT YOUNG PEOPLE PARTICIPATE FOR PLEASURE AND WINNING IS ONLY PART OF THE FUN.



BE REASONABLE IN YOUR DEMANDS ON PLAYERS' TIME, ENERGY AND ENTHUSIASM.



RESPECT THE RIGHTS, DIGNITY AND WORTH OF EVERY PERSON REGARDLESS OF THEIR GENDER, ABILITY, CULTURAL BACKGROUND OR RELIGION.



DISPLAY CONTROL AND RESPECT ALL THOSE INVOLVED IN CRICKET. THIS INCLUDES OPPONENTS, COACHES, UMPIRES, ADMINISTRATORS, PARENTS AND SPECTATORS. ENCOURAGE YOUR PLAYERS TO DO THE SAME.



NEVER RIDICULE OR YELL AT A YOUNG PLAYER FOR MAKING A MISTAKE OR NOT COMING FIRST.



ENSURE THAT THE TIME PLAYERS SPEND WITH YOU IS A POSITIVE EXPERIENCE.



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 COMPETING.



OBTAIN APPROPRIATE QUALIFICATIONS AND KEEP UP-TO-DATE WITH THE LATEST CRICKET COACHING PRACTICES AND PRINCIPLES OF GROWTH AND DEVELOPMENT OF YOUNG PEOPLE.



AVOID OVERPLAYING THE TALENTED PLAYERS - ALL YOUNG PLAYERS NEED AND DESERVE EQUAL TIME, ATTENTION AND OPPORTUNITIES.



OPERATE WITHIN THE RULES AND SPIRIT OF THE GAME AND TEACH YOUR PLAYERS TO DO THE SAME.





# DEVELOPING YOUTH PACE BOWLERS

## CONSIDERATIONS: THE BIG 3 FACTORS

### 1. AGE

- GROWING BONES NEED **CONSISTENT BOWLING LOADS TO HELP DEVELOP**
- GROWING BONES ARE **MORE SUSCEPTIBLE TO INJURY**
- SPINAL BONES **DON'T FULLY MATURE UNTIL THE MID 20'S**



### 2. WORKLOAD

- **UNDERSTAND** PREVIOUS LOADS
- **PLAN & MONITOR** FOR EACH INDIVIDUAL
- **AVOID** LARGE LOAD SPIKES
- **GRADUALLY** BUILD BOWLING LOADS OVER A PERIOD OF TIME



### 3. TECHNIQUE

- **COUNTER-ROTATION** GREATER THAN 35° IS A RISK
- **VIDEO YOUR BOWLING TECHNIQUE,** HAVE SOMEONE REVIEW IT & TAKE OWNERSHIP OF IT



### OTHER FACTORS

#### FITNESS



- **STRENGTH**
- **FLEXIBILITY**
- **ENDURANCE**
- **HEALTHY EATING**

#### INJURY HISTORY



CONSIDER PREVIOUS INJURY AS IT **PREDISPOSES** TO FUTURE INJURY

#### BALL SPEED



FASTER BOWLERS GENERATE **HIGHER FORCES** THROUGH THE BODY

#### HEIGHT



- UNDERSTAND GROWTH RATE BY MEASURING HEIGHT EVERY 6 MONTHS
- **LOWER THE LOADS** AFTER A GROWTH SPURT

# WORKLOAD GUIDELINES FOR PLAYING AND TRAINING

## DETECTING AND MANAGING ILLEGAL BOWLING ACTIONS

Bowling is unlike any other skill or movement and many people struggle to maintain a bowling arm position within the ICC range (0-15 degrees).

It's a tricky one, and empathy is key for developing players. For introductory level games try to assist rather than highlight the issue.

For help and advice around how to manage this reach out your State/Territory Cricket Association. To navigate these cases, we've put together some information on illegal bowling action on [community.cricket.com.au](https://community.cricket.com.au)



## BOWLING RESTRICTIONS SUMMARY

AGE	BOWLING RESTRICTIONS FOR MATCHES
UNDER 11	<ul style="list-style-type: none"> <li>• Two overs maximum each spell*</li> <li>• Four overs maximum per match day</li> </ul>
UNDER 13	<ul style="list-style-type: none"> <li>• Four overs maximum each spell*</li> <li>• Eight overs maximum per match day</li> <li>• Target 100-120 balls per week (match &amp; training)</li> </ul>
UNDER 15	<ul style="list-style-type: none"> <li>• Allow 4-6 weeks gradual bowling preparation prior to the season</li> <li>• Five overs maximum each spell* &amp; twelve overs maximum per match day</li> <li>• Target 100-120 ball per week (match &amp; training)</li> </ul>
UNDER 17	<ul style="list-style-type: none"> <li>• Allow 6-8 weeks gradual bowling preparation prior to the season</li> <li>• Six overs maximum each spell* &amp; 16 overs maximum per match day</li> <li>• Target 120-150 balls per week (match &amp; training)</li> </ul>
UNDER 19	<ul style="list-style-type: none"> <li>• Allow 8-10 weeks gradual bowling preparation prior to the season</li> <li>• Seven overs maximum each spell* &amp; 20 overs maximum per match day</li> <li>• Target 150-180 balls per week (match &amp; training)</li> </ul>

\*Rest between spells should be the same number of overs from the same end as the completed spell.

## BOWLING GUIDELINES

### GUIDELINES FOR PRACTISING

- Avoid bowling more than two days in a row where possible.
- Avoid bowling more than 4 days in a week.
- Allow one easy week (e.g. 50% of target load) every 4-5 weeks.
- Schedule a week off bowling after every 10-12 weeks of bowling to allow your body to recover.



# KEEPING CRICKET SAFE



## SAFETY AND LEGAL CONSIDERATIONS

### PROMOTING SAFETY IN CRICKET

Cricket is a safe sport. But as with all sport there is some risk involved.

Help keep cricket safe by adopting injury prevention means. Cricket Australia has some great guides to get you started. Associations, clubs and schools – use this starting point and develop a plan to assess and address injury risk and safety.



### WHEN AND WHERE DO CRICKET INJURIES OCCUR?

**One third** of cricket injuries to children occur during school hours.

**Almost 20%** of injuries occur during training or practice.

### RESEARCH FINDINGS OF CRICKET INJURIES:

The most common cricket injuries at the elite level are:

- » Muscle strains, particularly hamstring injuries
- » Stress fractures, particularly lower back
- » Hand fractures
- » Shoulder injuries
- » Concussion

Most injuries occur because of a direct blow from the ball or errors in training load (workload spikes, players underprepared, too much for too long).



# RISK MANAGEMENT

Risk Management can sound daunting, so we're here to help! It's the plan you put in place to identify and eliminate risks.

To start with develop a Risk Management Plan that complies with cricket laws and policies, but make it fit your scale and environment.

The objective?

- Reduce the frequency and severity of injuries.
- Position cricket as a safe sport.

To do this, document and track progress against your association or club's Risk Management Plan.

## WHERE TO START?

1. Get support from your committee.
2. Appoint a Risk Management Officer.
3. Assess what could go wrong.
4. What impact would this have?
5. Act! What needs to change to lessen this risk?
6. Monitor the outcome of your action. Has it helped?

Providing a safe environment for everyone is a part of a Club and Associations duty of care. On match or game day use a safety checklist to ensure you've done all you can to make the environment safe.



### CRICKET MATCH DAY APP

Match day can be a whirlwind, so JLT Sport have created the Cricket Match Day app to help! Use the app to work through all match day checks like playing surface, weather conditions, first aid kit and general safety. Keep a record of your checks with the click of a button.

For more information:  
[cricket.jltsport.com.au/club](http://cricket.jltsport.com.au/club)  
or download the app from the app store now!



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## BOUNDARY CLEARANCES

Cricket Australia has introduced a mandatory boundary clearance distance of 4 metres at all Cricket Australia controlled matches (for example Sheffield Shield, W/BBL, Domestic One Day Cup, WNCL and so on). The previous requirement of 3m was extended to 4m to provide a greater safety buffer for players when fielding.

Cricket Australia strongly recommends community associations and clubs introduce the ICC recommendation of 2.74m boundary clearance at all matches under their control. Clubs have a duty of care to players to provide a safe playing environment, and this includes allowing for players crossing boundary

markers (such as ropes or hoses) at speed when trying to stop fours or sixes. Clubs must also ensure the space in between the boundary marker and the fence is free of objects that may injure players. This includes tables, chairs, drinks eskies, kits bags and other equipment.



## NATIONAL CLUB RISK PROTECTION PROGRAM

The National Club Risk Protection Program is a joint initiative of Cricket Australia and the State/Territory Cricket Associations and has seen significant financial benefits and savings provided to cricket clubs across Australia.

The program was developed to help clubs obtain appropriate and affordable insurance cover through a collective approach and greater purchasing power. It is considered that every club now has access to insurance at an affordable and consistent price.

The program provides competitively priced broad protection as outlined in this table:

POLICY	COVER	EXAMPLE
PUBLIC LIABILITY	\$50m, \$500 excess	Slip and trip
ERRORS AND OMISSIONS LIABILITY (FOR COACHES, UMPIRES & MANAGERS ONLY)	\$10m, \$2,500 excess	Negligent advice by coach/trainer
PRODUCTS LIABILITY	\$50m, \$500 excess	Faulty products sold by club
CLUB MANAGEMENT LIABILITY	\$10m, variable excess	Negligence in capacity of office bearers
PERSONAL ACCIDENT	85 per cent Non-Medicare costs \$5,000 max, \$50 excess	Injuries sustained during club activities
LOSS OF INCOME	85 per cent of net weekly income up to a maximum of \$500, 14 -day excess	Income lost due to injury sustained during club activity

It is important that clubs register for insurance with the National Club Risk Protection Program and complete the online risk management module, and print their Certificate of Currency. The Certificate of Currency allows clubs to prove they have the required Public Liability insurance to hire grounds and conduct club activities.

For further information, go to [cricket.jltsport.com.au](http://cricket.jltsport.com.au) or contact JLT sport on **1300 130 373** for assistance.



# CLUB AND MEMBER PROTECTION

Australian Cricket, comprising Cricket Australia and each of the State and Territory Cricket Associations, seeks to provide a safe, fair and inclusive environment for everyone involved in Australian Cricket and those participating in programs and services delivered by Affiliated Associations and Clubs.

This includes providing everyone involved in Australian Cricket and in our sport, including Children and Young People, with a positive and enriching sporting environment that promotes their participation and development in the sport.

Australian Cricket is committed to safeguarding everyone involved in our sport including Children and Young People in our care and in the care of Affiliated Associations and Clubs. Part of this commitment to Children and Young People in our sport means that we are inclusive of those from a range of different backgrounds. This includes but is not limited to:

- Aboriginal and Torres Strait Islander Children and Young People;
- Children and Young People with a disability;
- LGBTI Children and Young People; and
- Children and Young People from culturally and linguistically diverse backgrounds.

Australian Cricket's Looking After Our Kids Code of Behaviour aims to identify and prevent behaviour that may be harmful to Children and Young People in our sport.

Developed to protect Children and Young People engaged in cricket, Australian Cricket's Looking After Our Kids Code of Behaviour for Australian Cricket Personnel has been formally approved and endorsed by the board of Cricket Australia and the board of each of the State and Territory Cricket Association. Australian Cricket's Looking After Our Kids Code of Behaviour for Affiliated Associations and Clubs must be endorsed by any Affiliated Association or Club that has agreed to be bound by Australian Cricket's Policy for Safeguarding Children and Young People.

## ENDORSEMENT AND ADOPTION PROCESS



### Step 1: Start by endorsing and adopting the following documents at your club or association;

- Australian Cricket's Policy for Safeguarding Children and Young People,
- Australian Cricket's Looking After our Kids code of behaviour for Affiliated Associations and Clubs,
- Australian Cricket's Commitment to safeguarding Children and young People.

### Step 2: Spread the Word

Upload these documents to your website so all your members and beyond can easily access them.

### Step 3: Follow the Leader

Appoint a child safety officer who will champion child safety within your association and club.

### Step 4: Upskill Everyone

Have your members read and follow the 'Looking after our Kids Code of Behaviour for Affiliated Associations and Clubs'.

### Step 5: Update your forms

Include an acknowledgement in your registration forms that your association or club endorses the Australian Cricket Looking After our Kids Code of Behaviour for Affiliated Associations and Clubs and the Australian Cricket policy for safeguarding children and young people.

For information on the framework, visit [cricketaustralia.com.au/about/safeguarding/safeguarding-kids](http://cricketaustralia.com.au/about/safeguarding/safeguarding-kids)

## MEMBER PROTECTION INFORMATION OFFICERS

Member Protection Information Officers (MPIOs) play an important role in ensuring sport is safe, fair and inclusive. Cricket Australia and the State and Territory Associations recommend that all associations and clubs have appointed MPIOs available as a point of contact in the event a complaint is raised. MPIO training is available through Play by the Rules and local State and Territory departments.

## INCLUSION OF TRANSGENDER & GENDER DIVERSE PEOPLE IN CRICKET

Stay tuned for more information regarding the guidelines for community cricket for the inclusion of transgender & gender diverse people. These will be available at Cricket Australia's website. For more information contact: [integrity@cricket.com.au](mailto:integrity@cricket.com.au)





# AUSTRALIAN CRICKET HELMET RECOMMENDATIONS



Cricket Australia strongly recommends that community associations take all practical steps to adopt the ICC directive and mandate that all junior and senior players wear British Standard 7928:2013 compliant helmets from 2019/20 season onwards when batting, wicket-keeping up to the stumps and fielding in close to the batter.

Consistent with Cricket Australia's commitment to player safety and an ICC directive in 2015, it is mandatory for Cricket Australia, State Contracted cricketers and players in CA pathway competitions in Australia to wear helmets that are compliant with British Standard 7928:2013 when batting, wicket-keeping up to the stumps and fielding in close to the batter.

## WHY ARE WE MAKING THIS RECOMMENDATION?

- We want to ensure community cricket is as safe as it can be.
- Research is showing that the ball making contact with the head is one of the most common areas of injury.
- Wearing a British Standard Helmet gives players an extremely low chance of absorbing a critical head injury.

## WHAT DO ASSOCIATIONS NEED TO DO?

- Adopt a policy in consultation with affiliated clubs.
- Take all practical steps to adopt the ICC directive and mandate the use of British Standard Helmets for next season.
- Select the playing conditions that best suits your association that have been provided.

More information and resources can be found at [community.cricket.com.au/helmets](https://community.cricket.com.au/helmets)

## COMMUNITY CRICKET CONCUSSION & HEAD TRAUMA GUIDELINES

Cricket Australia has released the Community Cricket Concussion & Head Trauma Guidelines to assist community clubs to understand and best manage any concussion or head trauma-related incidents on the cricket field.

This document has been prepared by Cricket Australia's Medical Team (in consultation with industry specialists) to help everyone in community cricket to take a conservative approach to managing concussion-related incidents and head traumas where immediate medical support may not be available.

To download these guidelines, please visit [community.cricket.com.au/clubs/policies/matchday-policies-and-guidelines](https://community.cricket.com.au/clubs/policies/matchday-policies-and-guidelines)

## UMPIRE SAFETY

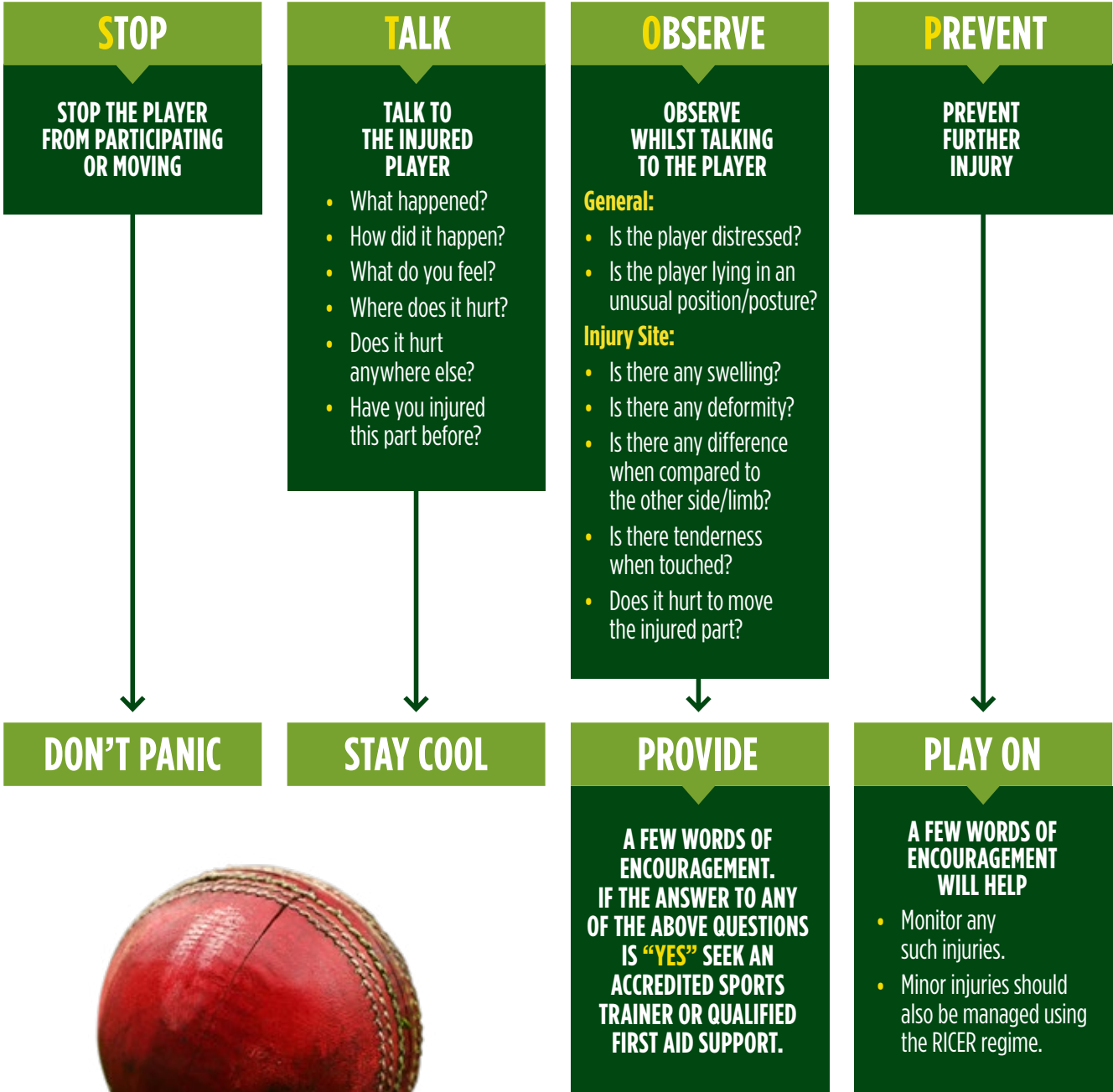
We want everyone in our sport to stay safe. Umpires should consider protective gear as faster shots can easily head their way. Modified formats like T20 and Super Sixes are especially risky. Shin pads, and facial/ head protection should be part of your kit, and perhaps a British Standard compliant helmet.





# THE STOP SAFETY METHOD

When a player is injured, it is important to determine if the player has a serious or life threatening injury. Once it has been established that there is no danger to the injured player's life, the severity of the other injuries should be assessed using the STOP method.



# RICER REST, ICE, COMPRESSION, ELEVATION, REFERRAL

The first 48 hours are vital in the effective management of any soft tissue injury. Injuries managed effectively in the first 48 hours will reduce the time spent on the sideline.

The immediate management should follow the RICER regime. This regime should be used for all ligament sprains and muscle bruises (corks etc) – in fact, any bumps and bruises which occur in sport.

## BOWLING RESTRICTIONS SUMMARY

	HOW	WHY
REST	Place the athlete in a comfortable position, preferably lying down. The injured part should be immobilised and supported.	If there is bleeding, activity will promote bleeding by increasing blood flow.
ICE	<p>The conventional methods are:</p> <ul style="list-style-type: none"><li>Crushed ice in a wet towel/plastic bag</li><li>Immersion in icy water</li><li>Commercial cold packs wrapped in wet towel</li><li>Cold water from the tap is better than nothing</li><li>Apply for 20 minutes every 2 hours for the first 48 hours</li></ul> <p><b>CAUTION:</b></p> <ul style="list-style-type: none"><li>Do not apply ice directly to the skin as ice burns can occur</li><li>Do not apply ice to people who are sensitive to cold or have circulatory problems</li><li>Children have a lower tolerance to ice</li></ul>	<p><b>Ice reduces:</b></p> <ul style="list-style-type: none"><li>Swelling</li><li>Pain</li><li>Muscle spasm</li><li>Secondary damage to the injured area</li></ul>
COMPRESSION	Apply a firm wide elastic bandage over a large area covering the injured parts, as well as above and below the injured part.	<p><b>Compression:</b></p> <ul style="list-style-type: none"><li>Reduces bleeding and swelling</li><li>Provides support for the injured part</li></ul>
ELEVATION	Raise injured area above the level of the heart at all possible times.	<p><b>Elevation:</b></p> <ul style="list-style-type: none"><li>Reduces bleeding and swelling</li><li>Reduces pain</li></ul>
REFERRAL	Early referral to a suitable qualified professional such as a doctor or physiotherapist for a definitive diagnosis and ongoing care.	

## WITH INJURIES OF THIS KIND, YOU SHOULD AVOID THE HARM FACTORS

<b>HEAT</b> INCREASES BLEEDING	<b>ALCOHOL</b> INCREASES SWELLING	<b>RUNNING</b> OR EXERCISING TOO SOON CAN MAKE INJURY WORSE	<b>MASSAGE</b> IN THE FIRST 48-72 HOURS INCREASES SWELLING & BLEEDING
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# SAFETY & INJURY PREVENTION

## WHAT TO DO IN A MEDICAL EMERGENCY?

You will need to provide the following information:

- Name of ground or venue
- Suburb
- Street name
- Nearest cross street
- Emergency vehicle access point (if there is one)
- Phone number you are calling from.

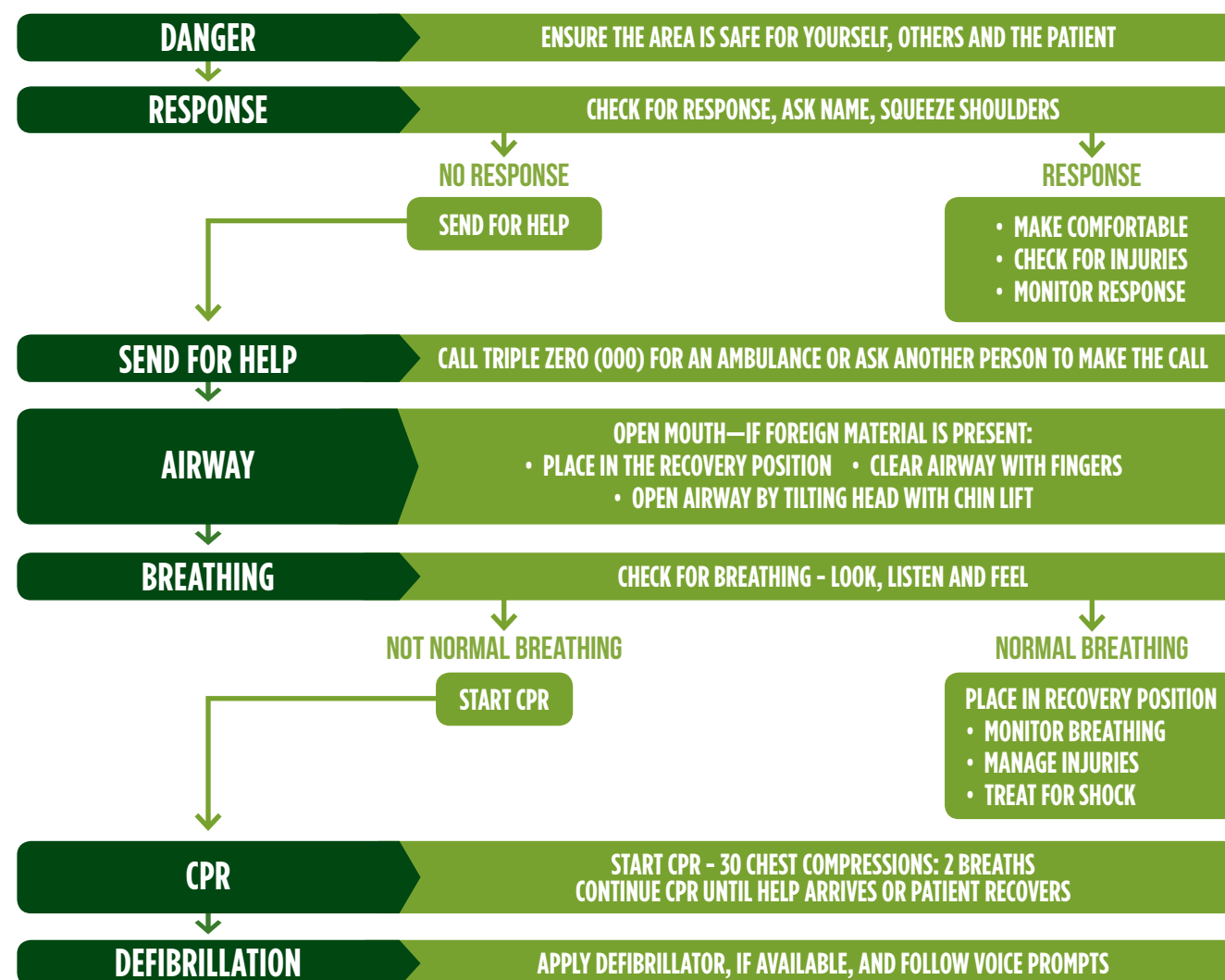
You will be asked the answer the following questions. If possible be with or near the patient when you call so that this information can be relayed quickly:

- What is the problem?
- How old is he or she?
- Is he or she conscious?
- What happened?
- Is he or she breathing?

An ambulance will be dispatched based on the information provided. Stay on the phone and the call taker will provide information on first aid that can be provided to the patient, if required, whilst the ambulance is being dispatched.

Keep the phone line that you have called 000 from clear in case the ambulance needs to contact you further. It is recommended that your association or club display the information above in its club room or with the team scorers in case of an emergency.

## HANDLING ANY EMERGENCY SITUATION CONFIDENTLY AND CALMLY:



SOURCE: COACHING CHILDREN, AUSTRALIAN SPORTS COMMISSION

IF A MEDICAL EMERGENCY OCCURS  
CALL TRIPLE ZERO  
**000**  
IMMEDIATELY AND ASK FOR AN AMBULANCE

# SAFETY IN NETS

- The coach or net supervisor should brief everyone prior to the commencement of training as to their responsibility towards the safety of themselves and their training partners.
- Players should not turn their backs to batters.
- When walking across nets, be mindful of batters batting and bowler's run ups.
- Ensure no spectators are in the nets creating an unnecessary distraction and over-crowding.
- Brief batters to work on their skills not necessarily trying to hit every ball out of the park.
- Ensure bowlers are bowling from the correct lengths.
- Ensure all creases are marked correctly.
- Prior to training, scan the nets for any hazards. For example, broken glass or little rocks on the wicket.

## BOWLING MACHINE ETIQUETTE

- Ensure the people using the bowling machine have had appropriate training.
- Ensure electrical cords are out of harm's way and not a tripping hazard.
- The bowling machine feeder should always allow the batter to nominate the ball speed.
- It is recommended the batter commences with slower ball speed to work on technique.
- The ball speed can be increased when the batter nominates and at a gradual rate.
- Always test the first ball by the batter being out of the way.
- Caution when using the bowling machine in any adverse weather conditions.





# THE WEATHER & CRICKET

Australia is known for its changeable and extreme weather across the country and weather-related injuries can occur. Poor weather can put a dampener on any game. Err on the side of caution when it comes to playing in the rain where there's lightning.



## TURF WICKETS

Turf wickets are great to play on but need a bit more love and attention.  
If your club has a turf wicket, keep an eye on the weather.  
Rain can make this surface too wet for play, so when you see rain coming cover it up!



## LIGHTNING SAFETY

Lightning can happen any time throughout the year but is more common in the summer between 2pm-6pm, perfect game time. Clubs and associations should develop a lightning safety plan.  
Nominate someone from your club to monitor weather before and during match.  
There are a bunch of apps that can help with an accurate weather forecast before and during match.

### WHEN THUNDERSTORMS ROLL IN APPLY THE 30/30 RULE

Thunderstorms within 10km are dangerous – the 30/30 rule is used to assess the distance between the storm and play.

Sound travels at a speed of 1km every 3 seconds. When you see lightning count the seconds between the flash of lightning and the sound of thunder.

- Less than 30 seconds? Suspend play – the storm is less than 10km away.
- Suspend play for at least 30 minutes, and wait to resume till 30 minutes after the last audible thunder.

### WHERE TO SHELTER?

- An enclosed building is best for shelter.
- A vehicle is an option – avoiding any metal.

### WHERE NOT TO SHELTER?

- Anywhere open i.e. fields, picnic shelters, under trees.
- Anything with metal i.e. fences.

### IF SOMEONE GETS STRUCK BY LIGHTNING

Apply first aid and call 000 immediately.  
Begin CPR if needed and use an AED if available.

# HEAT & SUN PROTECTION

## HEAT & THE SUN

Heat across Australia varies greatly. While some people tolerate heat and humidity well, others may struggle.

Cricket Australia recommend that clubs, schools and associations use common sense guidelines and consult with Sport Medicine Australia or other health promotion organisations within their State or Territory to develop local climate policies.

We all know the Australian Summer can be a scorcher. But did you know that kids sweat less than adults? This makes them more prone to heat stress, so err on the side of caution and postpone or cancel games and activities with kids or adolescents when the temperature gets up, in alignment with your local climate policies.

## REMEMBER: SLIP, SLOP, SLAP & WRAP

- Have some SPF 50+ sunscreen available to players and officials.
- Players and officials should wear sun smart clothes:
  - A broad brimmed hat, loose-fitting clothes of natural fibres or
  - SPF rated fabrics, sunnies or sports eyewear.
- Got shade? Make sure there is lots of shaded areas available.

Check out our sunsmart policy:

[community.cricket.com.au/clubs/running-your-club/insurance-and-policies/well-played](https://community.cricket.com.au/clubs/running-your-club/insurance-and-policies/well-played)

or download the sunsmart app today for advice on sun protection in your area:

[sunsmart.com.au/tools/interactive-tools/free-sunsmart-app](https://sunsmart.com.au/tools/interactive-tools/free-sunsmart-app)



## GUIDELINES FOR FLUID REPLACEMENT

- Hydration needs vary between people. Because of this there is no single recommendation on fluid intake. Instead encourage athletes to adopt habitual drinking practices before, during and after activity.
- Drinks breaks occur every 30 – 60 minutes in all matches (every 30 minutes in conditions of extreme temperature).
- Water is the most appropriate drink for re-hydration. However, diluted cordial or sports drinks may be supplied.
- Drinks should be available for individual players between drinks breaks. Umpires should be advised when additional drinks are sought and players should make every effort to ensure no time is wasted.
- Players should be encouraged to have their own drink bottles. This ensures that each player has access to an adequate level of replacement fluids and reduces the risk of contamination and viruses.
- Hygiene is important, where cups and a large container are supplied, cups should not be dipped into the container. Used cups should be washed or disposed of after use.



# HEALTHY CRICKET CLUBS



## A MODEL CRICKET CLUB...

- 1 Does not force juniors into a weekly commitment in seniors.
- 2 Ensures all its coaches have at least Community Coach accreditation.
- 3 Creates and maintains links with the local primary and secondary schools.
- 4 Offers different game formats - T20, One Day and Two Day cricket - as well as mid-week, Friday, Saturday and Sunday options for match play.
- 5 Offers to assist the local school cricket team, team manager or coach.
- 6 Invites representatives from premier cricket clubs in the area to attend special events, practice sessions and games.
- 7 Maintains and updates honour boards, including photographs.
- 8 Acknowledges the role local Council plays as a major sponsor of cricket.
- 9 Accesses promotional material available through the PlayCricket website.
- 10 Accesses the suite of MyCricket programs and offerings.
- 11 Ensures all media are aware of Club activities.
- 12 Endorses and adopts the Safeguarding Children and Young People Framework.



# SIX STEPS TO INCLUSION



**STEP ONE**  
**EDUCATE AND CREATE A**  
**WELCOMING ENVIRONMENT**



**STEP TWO**  
**BUILD UNDERSTANDING AND**  
**COMPETENCE IN LEADERS**



**STEP THREE**  
**KNOW YOUR LOCAL COMMUNITY**



**STEP FOUR**  
**PARTNER AND COMMUNICATE**



**STEP FIVE**  
**FIRST ENGAGEMENT**



**STEP SIX**  
**RETAIN AND CHAMPION**

For more information on the *A Sport For All* Resource go to  
[community.cricket.com.au/clubs/running-your-club/a-sport-for-all](http://community.cricket.com.au/clubs/running-your-club/a-sport-for-all)

# FUNDRAISING WITH THE AUSTRALIAN SPORTS FOUNDATION

## DO YOU NEED TO RAISE FUNDS TO SUPPORT YOUR CLUB?

The Australian Sports Foundation works with Australian sports clubs and organisations to help raise money for Australian sport.

By registering with the Australian Sports Foundation cricket clubs will have the opportunity to raise funds for a range of projects and activities, including to improve facilities, purchase equipment, support team travel and much more.

The Foundation has unique Deductible Gift Recipient status, which means by registering with them all donations of \$2 or more are tax deductible — a real benefit to donors that will also make fundraising easier for clubs.

The foundation and Cricket Australia offer a fundraising toolkit which provides you with guidance through the process and to assist with your fundraising projects, as well as an online platform to ensure that promoting fundraising for your club is as easy as possible.

Dozens of cricket clubs across Australia are already benefiting from working with the Australian Sports Foundation to raise funds for equipment, nets, lighting, pavilions, events and more.

If your club is considering fundraising, please consider the Australian Sports Foundation.

To download your Australian Sports Foundation Fundraising Toolkit and for more information visit [asf.org.au](http://asf.org.au) or call (01) 6214 7868

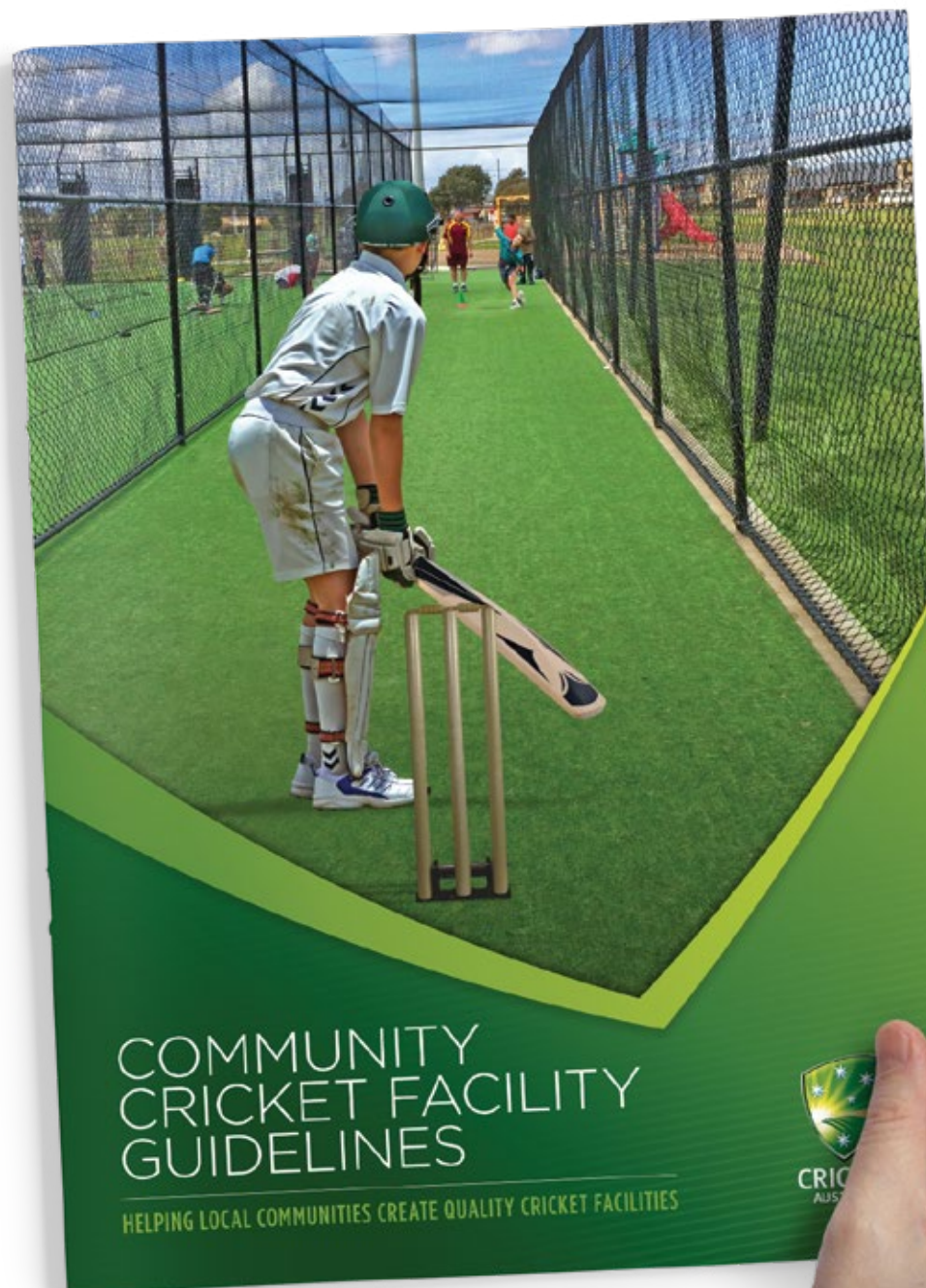




# NATIONAL COMMUNITY CRICKET FACILITY GUIDELINES

Great club facilities make for great experiences. We know that facility development takes some planning and work, so we've developed the Community Cricket Facility Guidelines.

Find the guidelines at [community.cricket.com.au/clubs/facilities](https://community.cricket.com.au/clubs/facilities)



# FUNDING & SUPPORT FROM GOVERNMENT

Support from government can make all the difference when sourcing funds, applying for approvals and just generally working on your infrastructure.

There are three tiers of government in Australia – Local, State and Federal. Here are some tips on working with government at all levels.

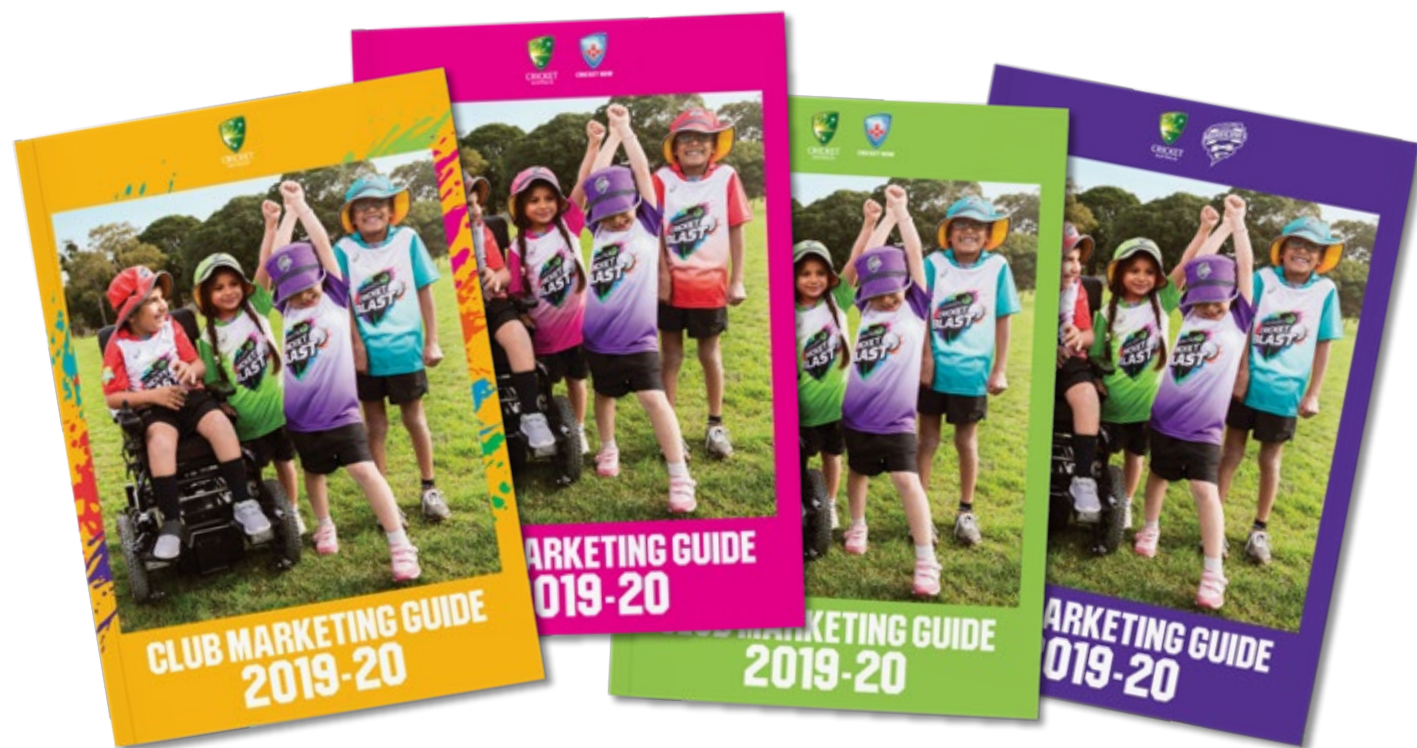
- Reach out to local MPs to build a relationship.
- Get across their priorities – common ground builds relationships.
- Get to know your councilors – Mayor, council senior officers, recreation & maintenance staff.
- Identify who your best council contact.
- Choose someone from your club or association to be club or association liaison/ contact.
- Build that relationship! Invest in some face to face time.
- Invite them to club functions and important fixtures, and to view your facilities.
- Keep them in the know – with newsletters, annual reports etc.
- Come with win/win solutions! Remember government has goals too.
- Celebrate your success together – tag them in social media, acknowledge their work publicly etc.





# SPREAD THE WORD!

## CLUB MARKETING GUIDE



Having a marketing plan is a key part of any healthy cricket club, so Cricket Australia has developed the Club Marketing Guide to help you spread the word about your club.

We know that recruiting and retaining kids in the game is one of the biggest challenges that you'll face, so we've developed a series of programs and tools to support you which will:

- Make cricket more appealing to boys and girls.
- Help you promote and deliver your programs.

The Club Marketing Guide for the 2019-20 season shares an overview of:

- The national marketing campaigns which will support junior cricket.
- The timings that you will see marketing activity in your states.
- The key marketing promotions which will run throughout the season.
- Access to templates, tools and materials which can help support marketing in your local area.

Download now:  
[community.cricket.com.au/clubs/marketing](https://community.cricket.com.au/clubs/marketing)

## MARKETING TEMPLATES

A range of material has been developed to assist clubs promote local junior cricket. All materials are available to download FREE at [community.cricket.com.au/clubs/marketing](https://community.cricket.com.au/clubs/marketing)



### EDITABLE TEMPLATES

Download and use as printed posters or use digitally in school newsletters. All materials can be customised with club specific information.

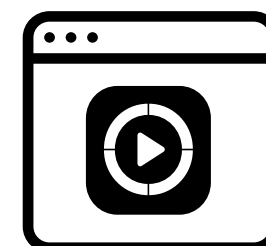
**Note:** Woolworths Cricket Blast materials are available in 7 languages, including English, Hindi, Arabic, Mandarin, Punjabi, Sinhalese and Urdu.



### EDITABLE SOCIAL POSTS

Download and share as content promoting junior cricket on your club social media pages.

All posts can be customised with club specific information.



### EDITABLE PROMOTIONAL VIDEO

A video is being developed which will enable clubs to customise and share their cricket offering on their website and/or social media.

This editable video will be released in August 2019.



### EDITABLE SIGNAGE

Editable signage templates will be released in August 2019 for you to promote your cricket programs.

**Tip:** Your local professional printer can customize these for you.



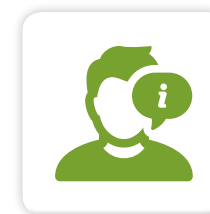
## BRING A FRIEND

We know that word of mouth is the most effective way of spreading the word about our cricket programs. This season, clubs are encouraged to trial a Bring a Friend promotion for Junior Blast participants.

See your local Cricket New South Wales team member for more information about how you can make the most of this opportunity at your club.



# CRICKET APPS & WEBSITES



## INFORMATION SITES

There are a number of Cricket Australia, State & Territory Association and external websites that provide resources to clubs, associations, players and volunteers looking for more information.



### MYCRICKET COMMUNITY COMMUNITY.CRICKET.COM.AU

The home of Community Cricket in Australia. Find current information & resources relating to players, clubs, umpires, coaches, schools, Junior Formats and the Australian Cricket Pathway.



### MYSCHOOL MYSCHOOL.EDU.AU

My School enables you to search detailed profiles of Australian schools simply by entering a school's name, suburb or postcode.



### PLAY BY THE RULES PLAYBYTHERULES.NET.AU

Provides education, information and resources for individuals and organisations to ensure that sport is safe and free from discrimination and harassment.



### GOOD SPORTS GOODSPORTS.COM.AU

Good Sports work together with local sporting clubs to build a healthier sporting nation. They support local sports clubs, social teams and elite clubs at the pinnacle of their profession and has helped over 8700 sporting clubs across Australia provide a safe and inclusive environment.



### AUSTRALIAN SPORTS FOUNDATION ASF.ORG.AU

The ASF have helped over 1600 athletes, organisations and sporting clubs, from grassroots through to elite, fundraise more than \$350 million to fund their sporting projects and needs.





# CRICKET WEBSITES



## PLAYCRICKET

Where players from around the country come to find clubs and competitions and register to play cricket.

[playcricket.com.au](http://playcricket.com.au)



## MYCRICKET HOME

Keep up with all the scores for your club and association with MyCricket.

[mycricket.cricket.com.au](http://mycricket.cricket.com.au)



## MYCRICKET SUPPORT

The MyCricket Support website offers a suite of step-by-step information about all things MyCricket. This includes help with administering your club in MyCricket, competition management, online registration, websites and much more.

[mycricketsupport.cricket.com.au](http://mycricketsupport.cricket.com.au)



## MYCRICKET ADMIN

Manage your club administration through the MyCricket Admin website. Create and manage programs, registrations, score input, website edits and much more.

[mycricketadmin.cricket.com.au](http://mycricketadmin.cricket.com.au)



## COMMUNITY CRICKET

Access Cricket Australia's wealth of club support and resources to enable you to run your club more easily.

[community.cricket.com.au/clubs](http://community.cricket.com.au/clubs)



# FREE CLUB OR ASSOCIATION WEBSITE

Check out the free website builder on MyCricket. You don't need to be a IT guru to have an awesome website. We've got you covered – with great templates and easy functionality anyone can manage your site.



## WHY DO THIS?

- Result, ladder, fixture integration as well as stats housed on MyCricket.
- Promote and celebrate your sponsors.
- Share LIVE scores and sync with the MyCricket Scorer app.
- Get social! Include your Facebook & Twitter feeds.

## NOT CONVINCED?

Check out just some of the fantastic sites created through this space:

[fitzroydoncastercc.com.au](http://fitzroydoncastercc.com.au)

[wcc.nsw.cricket.com.au](http://wcc.nsw.cricket.com.au)

[waca.wa.cricket.com.au](http://waca.wa.cricket.com.au)

For more information on how to set up your FREE website, please visit our **MyCricket Support** website.





# MYCRICKET LIVE SCORE APP

**SCORING YOUR LOCAL MATCHES WILL ONLY GET EASIER,  
WITH OUR NEW SCORING APP!**

The MyCricket Live Score app replaces our previous version and includes plenty of features to assist scorers, including:

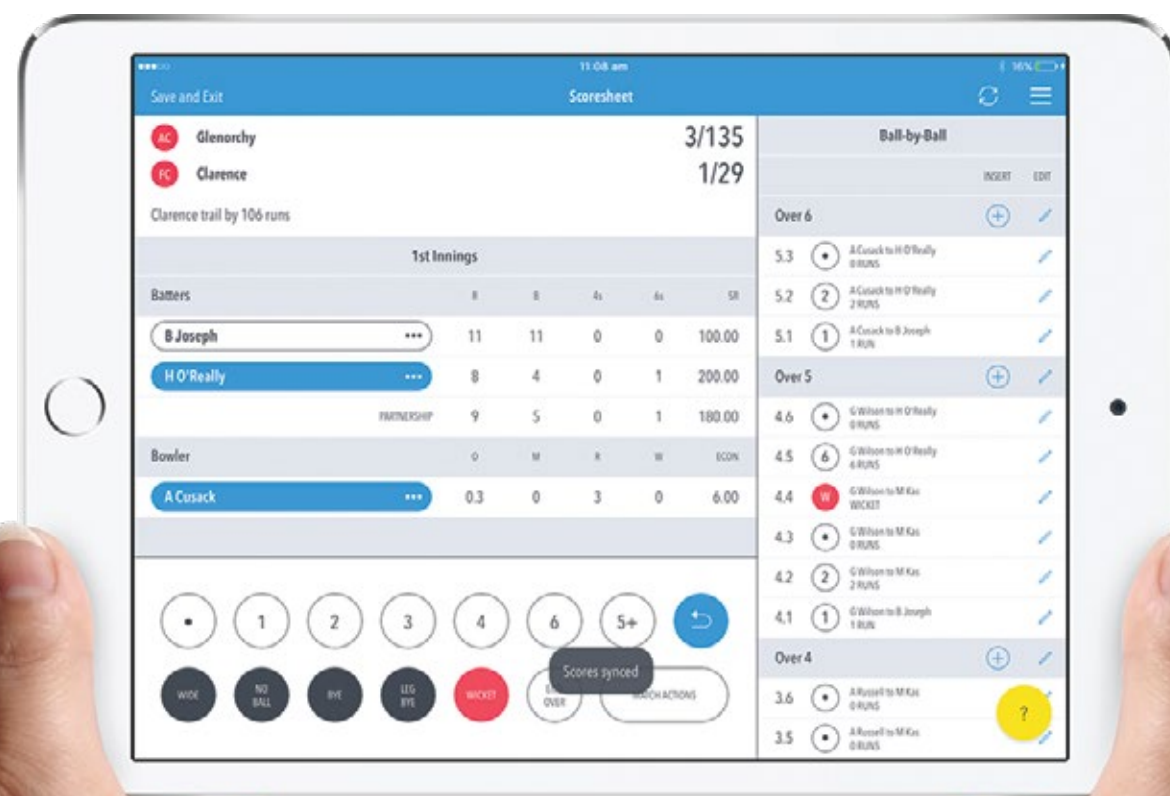
- Reliable performance and stability
- Score matches live or offline
- Improved battery usage
- Follow live scores on the MyCricket app
- Sync scores with MyCricket to avoid entering scores at the end of play
- Supports modified formats
- Duckworth Lewis (2002) method included

Available to Australian scorers on iOS and Android for mobiles and tablets.



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Head to [mycricketsupport.cricket.com.au](http://mycricketsupport.cricket.com.au) for more information and support with scoring your matches with the **MyCricket Live Score App**.



# ALINTA MYCRICKET APP

Thanks to community cricket feedback, the **Alinta MyCricket app** now includes messaging. The messaging capability allows individuals and groups to communicate with each other based on the roles within MyCricket.

## Features:

- Follow your favourite players and clubs
- Message players and groups within your club
- Live scores available if matches are being scored with the MyCricket Live Score app
- Improved navigation and layout



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## TIPS FOR CLUBS

**DOWNLOAD THE MYCRICKET SCORER APP AND UPLOAD SCORES FROM THE APP BACK INTO MYCRICKET. REMOVES THE TEDIOUS TASK OF MANUALLY ENTERING SCORECARDS.**



## TIPS FOR CLUBS

**USE YOUR MOBILE DEVICES LONGER WITH A SOLAR BATTERY CHARGER.**





# ONLINE REGISTRATION AND PAYMENTS

## BENEFITS INCLUDE

- **Setup of online registration is FREE**
- Players can make PART PAYMENTS if they prefer (if club allows)
- Decreases administrative burden
- Clubs will be able to access player data easily and quickly
- Better player management and communication due to accurate information
- Easier for player & parents to register anytime anywhere with mobile compatibility
- Players can redeem Active Kids Vouchers\* (NSW & SA)

## HOW IT WORKS:



**NEED HELP? CHECK OUT OUR ONLINE REGISTRATION PAGE [HERE](#)**  
**OR GIVE US A CALL 1800 CRICKET TO SPEAK TO OUR MYCRICKET SUPPORT HELP DESK**



### TIPS FOR CLUBS

ENABLE PART PAYMENTS TO MAKE IT EASIER FOR PARTICIPANTS TO PAY THEIR REGISTRATION FEES ONLINE.



### TIPS FOR CLUBS

USE THE CLUB DISCOUNT CODES TO RUN YOUR OWN PROMOTIONS OR TO PROVIDE CHEAPER FEES TO SIBLINGS, COACHES AND THOSE WHO VOLUNTEER.

# CONTACTS

FOR FURTHER INFORMATION, PLEASE CONTACT YOUR STATE OR TERRITORY ASSOCIATION

	CRICKET ACT	02 6239 6002
	NORTHERN TERRITORY CRICKET	08 8944 8900
	CRICKET NSW	02 8302 6000
	QUEENSLAND CRICKET	07 3292 3100
	SOUTH AUSTRALIAN CRICKET ASSOCIATION	08 8300 3800
	CRICKET TASMANIA	03 6282 0400
	CRICKET VICTORIA	03 9085 4000
	WESTERN AUSTRALIAN CRICKET ASSOCIATION	08 9265 7222
	MYCRICKET SUPPORT HELPDESK	1800 CRICKET

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