Well Played is designed for volunteer coaches, officials and parents who need to administer Cricket to ensure it is safe, fun and inclusive for all Australians.

Well Played will assist you to:

- Make cricket fun and inclusive for all;
- Adopt appropriate codes of behaviour for all cricket participants;
- Foster the spirit and etiquette of cricket;
- Understand a child’s development
- Implement appropriate game formats;
- Develop safety guidelines and principles

Disclaimer
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Cricket: A sport

Cricket today is one of the most popular and highly participated sports in Australia. It is a sport loved and cherished around the world. Part of its popularity and appeal is the unique characteristics, traditions and values that define the game.

Adopting the guidelines provided in “Well Played” will go a long way to ensuring that the quality and enjoyment of the cricket experience in Australia will continue to grow and prosper.

Well Played provides you with guidelines to implement best practices in training and matches for players of all ages and abilities.

Australian cricket has a vision to be Australia’s favourite sport, and to achieve this vision, it must be a sport for all Australians – a sport that truly reflects Australia’s culturally diverse society by attracting new fans and players to the game.

Cricket has been an important part of the Australian culture and with our society in a constant state of change it is becoming increasingly more important that it welcomes everyone. About one in four Australians were born overseas and at least 43.1% of people have at least one overseas-born parent.

With Australia’s multicultural population increasing, it can no longer be taken for granted that cricket will have an automatic place in the Australian culture. As a leading global sport, cricket captivates and inspires people of every age, gender, cultural background and ability while building bridges between continents, countries and communities.

Clubs and associations that create a welcoming environment for Australia’s diverse population will often find that it will attract more members.

Australian cricket has continued to improve its access to a wide-range of non-traditional participants, including women, Indigenous communities, people of non-English speaking backgrounds and people with disabilities. This can range from disability teams competing at an international level, or the Imparja Cup – a tournament for Indigenous Australians.

For your optimal learning experience Well Played is divided into the following sections:

1. The Game
2. Codes of Behaviour
3. Player Pathways
4. Coach, Umpire, Volunteer Pathways
5. Safety and Legal Considerations

Well Played will allow you to:
- Have an understanding of all parts of the game;
- Adhere to training guidelines and best practice;
- Define pathways for players, coaches, umpires and volunteers;
- Identify safety and legal considerations.

Welcome
for all Australians
This section addresses the following:

- Fun and the benefits of physical activity
- The Spirit of Cricket
  - Fair Play
  - Umpires – managing the match
  - Respect
  - Against the Spirit
- Encouraging good behaviour
- Cricket Etiquette
  - Toss of the coin
  - Entering the playing field on commencement of play
  - During play
  - Leaving the field
  - 12th Player
  - Bowler’s and fielder’s ground markings
  - Acknowledgement of milestones
  - Support staff and spectators
The best way to create a lifelong cricket supporter is to first create a player. Fun is the major motivator for children to play sport. In surveys where youngsters are asked why they play sport, the number one reason is always the same - to have fun. Winning is on the list but it is placed behind having fun. Children like to compete, but it’s the fun of competing, the excitement of competing, not just the winning.

Junior coaches should not be measured on win-loss ratios but rather on how many players wish to continue to play the following season!

Here are some ways to create fun learning environment:

- Get down to the children’s level and understand what they see as fun;
- Don’t take yourself too seriously, get involved, don’t be afraid to fail;
- Maintain a fun attitude with lots of laughter and a sense of humour;
- Create training sessions that provide maximum activity, skill development and enjoyment;
- Treat all players equally;
- Encourage mistakes as a way of learning;
- Create opportunities for all skill and ability levels;
- Be well planned, organised and resourced (equipment);
- Avoid isolation-type punishments (laps around oval, pushups etc.);
- Praise in public. However, never criticise in front of their peers.

Benefits of Physical Activity in Children and Adolescents

Cricket can provide many benefits for children and adolescents physically, socially and psychologically with the benefits of cricket being transferable to many aspects of life, including but not limited to:

**PHYSICAL**

- Improved fitness – lower resting heart rates, higher oxygen capacity, muscle growth and bone density
- Decreased incidence of obesity and weight problems

**SOCIAL**

- Meeting a variety of new people
- Developing new friendship groups
- Working as part of a team
- Development of responsibility
- Development of communication skills

**PSYCHOLOGICAL**

- Increased self esteem
- Development of strategies to deal with mistakes and challenges
- Confidence
- Concentration skills

What is it about sport that appeals to children as an attractive form of physical activity?

- Fun and belonging
- Cooperative and competitive experiences
- Established and consistent challenges
- Develop a great sense of “community” & being part of a sporting culture. Opportunities for chronic involvement in sport/s offers potential for long-term health benefits.

Fun

For cricket to maintain its health and position in the Australian way of life, the game needs to stay relevant, accessible and inclusive to all Australians. This is especially true at the introductory level, where that first experience of the game needs to be a positive one.
The Spirit of Cricket

Australians are justifiably proud of the place sport has in their daily lives. However, what is equally important to all of us involved in cricket is the way the game is played and the manner in which all participants conduct themselves.

The ‘Spirit of Cricket’ is fostered by the values that you (as a volunteer administrator, coach, teacher, parent, or player) bring to your team, club, and the game itself. Cricket can be a highly competitive game.

The Australian team leads by example by playing the game hard but fair. However it is important to play within the Laws and the spirit of the game.

The following key elements provide a guide to help those involved in cricket to apply the spirit of the game and foster a healthy and effective development of the spirit within your cricket community.

**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 to play the game in good spirit and fairness.

Where a player fails to comply with the instructions of the umpire, the umpire concerned should, in the first place, report the matter to the other umpire and to the player’s captain or coach, and instruct the captain or coach to take appropriate action.

Examples of where a player fails to comply include:

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

Cricket Australia recommends anyone involved in junior sport to complete the “Play by the Rules” course provided by the Australian Sports Commission here:

www.playbytherules.net.au
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.

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.

Against the spirit

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;
- Indulge in cheating, which may 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.

Encouraging good behaviour

Captains and coaches are encouraged to educate players on desirable behaviour.

Punishment may or may not be an effective deterrent to undesirable behaviour.

Threats of punishment can also increase the amount of pressure under which a young person performs, often leading to a mistake as a result of the fear of the consequences of making an error.
Cricket etiquette

It was Sir Donald Bradman who suggested that “it is the responsibility of all those that play the game (the custodians) to leave the game in a better state than when they first became involved.”

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. Here are some ideas to encourage and foster accepted levels of cricket etiquette amongst junior cricketers.

Toss of the coin
- The home team captain tosses the coin - the opposition captain calls.
- The toss of the coin should be on the pitch with the umpires present.
- Captains should always introduce themselves and shake hands prior to 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 support the batters and/or warm up in preparation for batting.
- It is normally the responsibility of the batting side to keep any scoreboard up to date.

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

12th player
- The 12th player must be dressed in playing apparel.
- If there are only 11 cricketers in a team, the batting side should have someone in playing apparel at all times who can be utilised should the need for a substitution arise.
- Players performing 12th player duties must be prepared e.g. know when drinks are to be taken, be alert to requests from players for sun-screen, jumpers, towels, ice, first aid, etc.

Bowlers’ and fielders’ ground marking
- When marking their run-up, bowlers should refrain from damaging the surface as a sign of respect for those responsible for preparing the surface. The same applies to fielders who mark the ground to indicate their position on the field (Markers or paint should be used).

Acknowledgment of milestones
- Fielding teams should always acknowledge 50s and 100s by opposition batters (by clapping or sincere verbal acknowledgement).
- Players should acknowledge bowling achievements such as five wickets and hat-tricks (by clapping or sincere verbal acknowledgement).
- After the game, ALL players should acknowledge the opposition and match officials by shaking hands.
Support staff and spectators

- 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.
- Communication from the sidelines should only be in recognition of good performance or effort.

Messages to players should be via the 12th player at drinks breaks, or when teams leave the field.

Yelling from the side-lines is not condoned. Coaches should not enter the field of play (It may be appropriate, however, for coaches to take a greater role in assisting captains etc. in matches involving children under 12 years).

In summary, this section taught us that:

- Key elements provide a guide to help those involved in cricket to apply the spirit of the game and foster a healthy and effective development of the spirit within your cricket community.
- The ‘Spirit of Cricket’ is fostered by the values that you as a volunteer administrator, coach, teacher, parent, or player, bring to your team, club, and the game itself.
- Sir Donald Bradman suggested that “it is the responsibility of all those that play the game (the custodians) to leave the game in a better state than when they first became involved.”
- Junior coaches should not be measured on win–loss ratios but rather on how many players wish to continue to play the following season.
- There is nothing wrong with saying, ‘no’. Be assertive and say ‘no’, but be sure to provide an alternative.

Before we move on, let’s see what you have learnt in this section so far...

Select answers by clicking buttons (multiple choices allowed) then click ‘Submit’ for results.

1. Which of the following key elements provide a guide to help those involved in cricket to apply the spirit of the game and foster a healthy and effective development of the spirit within your cricket community?
   - Fair Play ✔
   - Umpires – managing the match ✔
   - Fun ✗
   - Respect ✔
   - Against the spirit ✗

2. Threats of punishment can also increase the amount of pressure under which a young person performs, often leading to a mistake as a result of the fear of the consequences of making an error:
   - True ✔
   - False ✗

3. According to the laws of cricket who are the sole judges of fair and unfair play?
   - Captains ✗
   - Coaches ✔
   - Umpires ✔

4. When are the umpires authorised to intervene?
   - Time wasting ✗
   - Damaging the pitch ✗
   - Dangerous or unfair bowling ✗
   - Tampering with the ball ✗
   - Any other action that they consider to be unfair ✔
   - All of the above ✔
The Codes of Behaviour are based on the Australian Sports Commission codes and have been adapted to reflect the principles and Spirit of Cricket in Australia.

The codes ensure that participants develop good sporting behaviours and an inherently positive cricket experience, which encourages them to remain involved in cricket throughout their lives.

All affiliated cricket associations, their clubs and schools should have codes of behavior in place and communicate the codes to their members at the commencement of each cricket season. The codes should apply in addition to, rather than as a substitute for, any other codes that a school, club or association may have in place.

The following Codes of Behaviour identify a selection of key principles upon which coaches, teachers, umpires, parents and players should base their cricket involvement.

<table>
<thead>
<tr>
<th>Coaches Code of Behaviour</th>
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<tbody>
<tr>
<td>Remember that young people participate for pleasure and winning is only part of the fun;</td>
</tr>
<tr>
<td>Never ridicule or yell at a young player for making a mistake or not coming first;</td>
</tr>
<tr>
<td>Be reasonable in your demands on players’ time, energy and enthusiasm;</td>
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<tr>
<td>Operate within the rules and Spirit of Cricket and teach your players to do the same;</td>
</tr>
<tr>
<td>Ensure that the time players spend with you is a positive experience;</td>
</tr>
<tr>
<td>Avoid overplaying the talented players - all young players need and deserve equal time, attention and opportunities;</td>
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<tr>
<td>Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of all players;</td>
</tr>
<tr>
<td>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;</td>
</tr>
<tr>
<td>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;</td>
</tr>
<tr>
<td>Obtain appropriate qualifications and keep up-to-date with the latest cricket coaching practices and principles of growth and development of young people;</td>
</tr>
<tr>
<td>Any physical contact with a young person should be appropriate to the situation and necessary for the player’s skill development;</td>
</tr>
<tr>
<td>Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion.</td>
</tr>
</tbody>
</table>
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**Teachers Code of Behaviour**
- Encourage young people to develop basic skills in a variety of sports and discourage over specialisation in one event, sport or playing position;
- Create opportunities to teach appropriate sports behaviour as well as basic skills;
- For primary school children - give priority to free play activities, skill learning and 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;
- 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;
- 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;
- Support the implementation of Well Played: Australian cricket’s playing policies and guidelines.
The Codes of Behaviour are based on the Australian Sports Commission codes and have been adapted to reflect the principles and Spirit of Cricket in Australia.

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The following Codes of Behaviour identify a selection of key principles upon which coaches, teachers, umpires, parents and players should base their cricket involvement.

### Umpires Code of Behaviour
- In accordance with Cricket Australia guidelines, modify rules and regulations to match the skill levels and needs of young people;
- Compliment and encourage all participants;
- Be consistent, objective and courteous when making decisions;
- Condemn unsporting behaviour and promote respect for all participants;
- Emphasise the spirit of the game rather than the errors;
- 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;
- Remember, you set an example. Your behaviour and comments should be positive and supportive;
- Place the safety and welfare of participants above all else;
- Give all people a 'fair go' regardless of their gender, ability, cultural background or religion.
The Codes of Behaviour are based on the Australian Sports Commission codes and have been adapted to reflect the principles and Spirit of Cricket in Australia.

The codes ensure that participants develop good sporting behaviours and an inherently positive cricket experience, which encourages them to remain involved in cricket throughout their lives.

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The following Codes of Behaviour identify a selection of key principles upon which coaches, teachers, umpires, parents and players should base their cricket involvement.

Click subject below for details

- Coaches Code of Behaviour
- Teachers Code of Behaviour
- Umpires Code of Behaviour
- Parents Code of Behaviour
- Players Code of Behaviour
- Racial and Religious Vilification Code

**Parents 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.
The Codes of Behaviour are based on the Australian Sports Commission codes and have been adapted to reflect the principles and Spirit of Cricket in Australia.

The codes ensure that participants develop good sporting behaviours and an inherently positive cricket experience, which encourages them to remain involved in cricket throughout their lives.

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The following Codes of Behaviour identify a selection of key principles upon which coaches, teachers, umpires, parents and players should base their cricket involvement.

**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, 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 participants in cricket as you like to be treated. Do not bully or take unfair advantage of another competitor;**

**Cooperate with your coach, teammates and opponents. Without them there would be no competition;**

**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.**
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Racial and Religious Vilification Code

Cricket Australia has a Racial and Religious Vilification Code for all national competitions.

The code states that a player will not engage in any conduct or act towards or speak to any other player in a manner which offends, insults, humiliates, intimidates, threatens, disparages or vilifies the other player on the basis of that player’s race, religion, colour, descent or national or ethnic origin.

Guidelines exist for breaches of the code e.g. In some instances it may result in the withdrawal of coaching accreditation. Circumstances where adults are involved with a breach of the code should be dealt with seriously and remedial action should be a mandatory requirement by clubs and associations.

In more serious cases, a conciliation procedure should be considered and conducted by a representative of the Equal Opportunity Commission in the state/territory where the breach has purportedly occurred.

The conciliation should involve the complainant, umpire/officials who initiate the complaint, the respondent, and supporting documentation.

A complaint should:

- Be in writing;
- Outline the circumstances of the allegations made; and
- Be accompanied by supporting documentation including witness statements or video evidence.

In the instance where players are in breach of the code, an emphasis to educate the player to understand the code should be paramount. Remedial or punishable action should be appropriate to the age and understanding of the player in question.
In summary, this section taught us that:

- Codes of behaviour are not just for players;
- Appropriate qualifications should be kept up-to-date with the latest cricket coaching practices and principles of growth and development of young people;
- Everyone should support the implementation of Well Played: Australian cricket’s playing policies and guidelines;
- In accordance with Cricket Australia guidelines, modify rules and regulations to match the skill levels and needs of young people;
- Always respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion;
- 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;
- In the instance where players are in breach of the code, an emphasis to educate the player to understand the code should be paramount.

Before we move on, let’s see what you have learnt in this section so far...

1. The Codes of Behaviour were developed by the Australian Sports Commission and have been adapted to:
   - Reflect the principles and Spirit of Cricket in Australia
   - Ensure fair play
   - Ensure participants develop good sporting behaviours to encourage them to remain involved in cricket throughout their lives
   - Apply in addition to, rather than as a substitute for, any other codes that a school, club or association may have in place.

2. The following Codes of Behaviour identify a selection of key principles upon which coaches, teachers, umpires, parents and players should base their cricket involvement:
   - Coaches Code of Behaviour
   - Teachers Code of Behaviour
   - Umpires Code of Behaviour
   - Parents Code of Behaviour
   - Spectator Code of Behaviour
   - Players Code of Behaviour
   - Racial and Religious Vilification Code
This section addresses the following:

- Junior player pathways
- Cricket in schools
- Game formats
- Bowling guidelines

MILO in2CRICKET is the foundation of the Australian Cricket Pathway

Australian Cricket Team
Tests / ODIs / T20

Coach
- High Performance Coach
- Representative Coach
- Community Coach
- Introduction to Cricket
- MILO T20 Blast Match Manager
- MILO in2CRICKET Coordinator

Male
- Australia A
- KFC T20 Big Bash
- Bupa Sheffield Shield
- RYobi One-Day Cup
- Future League’s U23’s
- Men’s State Premier Grade Cricket
- Men’s Senior Club Cricket (18+)
- Boy’s Junior Club Cricket (10-17)

Female
- Cricket Australia Centre of Excellence
- Australia U19 Teams / Squads
- National Youth Championships (U17 & U19)
- National Youth Championships (U18 & U15)
- National Youth Championships (U18 & U15)
- Women’s State Premier Grade Cricket
- Women’s Senior Club Cricket (18+)
- Women’s Junior Club Cricket (10-17)
- Shooting Stars

Umpire
- High Performance Umpire
- Representative Umpire
- Community Umpire
- Introduction to Cricket
- MILO T20 Blast Match Manager
- MILO in2CRICKET Coordinator

Cricket Australia’s Number 1 Game Development priority is to underpin all Australian cricket clubs and schools teams with the MILO in2CRICKET program. The MILO in2CRICKET Have A Game and Have A Go tiers are the primary focus of this goal, but the program can be modified to allow for delivery in a range of different environments, including, cricket clubs, schools, community centres, indoor cricket centres, or as a Boy Free Zone girls only centre.
Junior Player Pathway

The Australian cricket pathway has no set starting point or finishing point and yet gives opportunity for all Australians to be involved at their own level and aspire to play for their state or to represent Australia!

It is important to ensure children participate in appropriate game formats and have the opportunity to experience all aspects of the game whilst undertaking appropriate workloads as they develop. This is underpinned by the development of basic fundamental movement skills and the basics of our game.

Specialisation

Children may wish to specialise in various components of cricket. Be aware that the risks of early specialisation may include: overuse injuries; overtraining; musculoskeletal injuries; Boredom and loss of interest for infrequent participants. It is recommended that players:

- **Under 12** - experience all parts of the game by rotating batting orders, bowlers, wicket-keepers and fielding positions.
- **Over 12** - continue to increase understanding of cricket by experiencing all aspects of the game.
Cricket in Schools

The inclusion of cricket in school curriculum across primary and secondary schools has been identified as achieving some of the more broader, yet essential learnings of the state and territory syllabus and/or curriculum frameworks. Cricket can promote thinking, communication and problem solving skills.

A joint initiative between Cricket Australia and Australian Council for Health, Physical Education and Recreation has seen the development of the ‘S’Cool Cricket’ - a fun, games-based resource for primary teachers and physical education specialists who are not necessarily familiar with cricket. It is designed to develop knowledge and understanding of cricket without too much emphasis on technical coaching but with a view that it will encourage curriculum interest in schools and promote the sport as fun and inclusive for all.

Cricket Australia will also be working with curriculum teams such as ACARA and ACHPER from across the country to develop classroom resources in line with the new National Curriculum to adopt cricket as the basis for teaching a range of subject areas.

Australian cricket is proud to offer activities that provide a link between schools and clubs including:

- **School Ambassador Program** - The MILO in2CRICKET School Ambassador program aims to identify and recognise a teacher in each Australian school who is committed to ensuring their students have every opportunity to get involved in cricket.

- **School clinics, assembly visits and newsletter promotions about local club activities.**

- **MILO in2CRICKET Skills** – a four week introduction to cricket that has a focus on basic skill development that leads to club based MILO in2CRICKET programs.

- **MILO T20 Blast School Cup** - a fun, fast paced, modified, cricket format that encapsulates the excitement associated with the KFC T20 Big Bash League. MILO T20 Blast is the initial step to playing real, competitive cricket and has been developed in this school format to ensure junior cricketers can progress with confidence to club cricket competitions and play an appropriate format of cricket that will inspire them to continue as a player and/or a fan.

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- **MILO in2CRICKET Skills** – a four week introduction to cricket that has a focus on basic skill development that leads to club based MILO in2CRICKET programs.

- **MILO T20 Blast School Cup** - a fun, fast paced, modified, cricket format that encapsulates the excitement associated with the KFC T20 Big Bash League. MILO T20 Blast is the initial step to playing real, competitive cricket and has been developed in this school format to ensure junior cricketers can progress with confidence to club cricket competitions and play an appropriate format of cricket that will inspire them to continue as a player and/or a fan.

Cricket in Schools

The inclusion of cricket in school curriculum across primary and secondary schools has been identified as achieving some of the more broader, yet essential learnings of the state and territory syllabus and/or curriculum frameworks. Cricket can promote thinking, communication and problem solving skills.

A joint initiative between Cricket Australia and Australian Council for Health, Physical Education and Recreation has seen the development of the ‘S’Cool Cricket’ - a fun, games-based resource for primary teachers and physical education specialists who are not necessarily familiar with cricket. It is designed to develop knowledge and understanding of cricket without too much emphasis on technical coaching but with a view that it will encourage curriculum interest in schools and promote the sport as fun and inclusive for all.

Cricket Australia will also be working with curriculum teams such as ACARA and ACHPER from across the country to develop classroom resources in line with the new National Curriculum to adopt cricket as the basis for teaching a range of subject areas.

Australian cricket is proud to offer activities that provide a link between schools and clubs including:

- **School Ambassador Program** - The MILO in2CRICKET School Ambassador program aims to identify and recognise a teacher in each Australian school who is committed to ensuring their students have every opportunity to get involved in cricket.

- **School clinics, assembly visits and newsletter promotions about local club activities.**

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Click here to access S’Cool Cricket Resource


Click here to access MILO in2cricket School Ambassador Program

in2cricket.com.au/teachers/school-ambassador
MILO in2CRICKET, MILO T20 Blast, mid-week competitions and six/eight-a-side cricket are forms of the game where participants may experience a fun cricket match in a short time frame, thereby freeing up grounds for more cricket participants. Social and recreational cricket is becoming increasingly popular and cricket can gain new participants outside those who play the more traditional form of the game. Clubs, schools and associations who are experiencing decreasing participation of teenagers should consider offering a quicker, social form of the game. This may help to attract and retain players. The game format offered should cater for varying skill levels, age group, level of commitment and other social, cultural and geographic considerations for that region. Two recommended formats for each age range are provided in this section and outline a ‘community’ format (generally shorter in length and encourages maximum participation to engage the whole community particularly those new to cricket) and ‘representative’ format (closely linked to a talented pathway for those players who know and understand the game and are looking for representative opportunities to develop their skills).

It is important to note that both formats will encourage the development of skill and are not mutually exclusive. Associations and clubs should encourage movement between the two formats and each format may create its own pathway in developing talented players. There is also the opportunity for associations and clubs to move away from the traditional age based system and have players play in appropriate formats for their level of skill, maturity and growth.

This policy also recommends that Inter-Association or Regional representative competitions should begin at the under 12 age group.

Junior cricket associations should consider the following when developing game formats and playing conditions with appropriate progression from one age group to the next:

1. Mandate maximum participation – rotation of batting orders, number of overs per bowler, etc.
2. Ensure players have the opportunity to experience all aspects of the game.
3. Mandate smaller boundary sizes to allow more boundaries to be scored.
4. Put in place fielding restrictions to allow more gaps in the field.
5. Ensure both teams bat and bowl on the same day i.e. quarters cricket for two-day matches.
6. Mandate rotation of fielders through all fielding positions.
7. Mandate free interchange of players, i.e. if a player can only play one week of a two-day match they are able to be replaced with no restrictions.
8. Consider appropriate scheduling, i.e. weekend v weekday, whole season v eight weeks etc.

In game formats where a hard ball is used, clubs and associations should allow girls to play two (2) years below their normal age group.
**MILO in2CRICKET**

The MILO in2CRICKET program is designed for boys & girls from 5 to 8 years old. It is a fast, fun & active program that emphasises maximum participation, basic motor and cricket skill development. It is experience based and builds its foundations on the essentials for lifelong involvement in physical activity and sport.

### MILO in2CRICKET Coaching Philosophy

- **Fun**
- **Energetic**
- **Social**

### The Essentials

- **FUNdamentals**
- **Cricket Skills**
- **Game Sense**

The following diagram shows the breakdown of the essentials under three key areas:

1. **FUNdamentals** – that form the basis of movement ‘literacy’ and prepare children for lifelong involvement in physical activity & sport
2. **Cricket Skills** – that develop sport ‘literacy’ related to the game of cricket
3. **Game Sense** – that develops game ‘literacy’ or understanding of the purpose & objectives of the games we play.

#### Curriculum link to ‘The Essentials’

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<thead>
<tr>
<th>Warm Up Game</th>
<th>Body Awareness</th>
<th>Travelling</th>
<th>Sending</th>
<th>Receiving</th>
<th>Fitness</th>
<th>Batting</th>
<th>Bowling</th>
<th>Fielding</th>
<th>Attack</th>
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**Australian Cricket’s Playing Policies and Guidelines**

16
MILO in2CRICKET (con’t)

<table>
<thead>
<tr>
<th>Training/practice</th>
<th>Fun, safe modified games that focus on developing fundamental movement skills such as running, jumping, hitting, throwing, etc.</th>
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<tbody>
<tr>
<td>Game type</td>
<td>MILO in2CRICKET</td>
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<tr>
<td>Ball</td>
<td>Yellow safety ball</td>
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<tr>
<td>Protective equipment</td>
<td>None</td>
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<tr>
<td>Boundary</td>
<td>25 - 30m from centre of pitch</td>
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<tr>
<td>Overs/duration</td>
<td>60 – 90 minute active sessions or games</td>
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<tr>
<td>Innings</td>
<td>Ensure the game has opportunities for all players to be involved</td>
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<tr>
<td>Team</td>
<td>More games with fewer team members - 6 to 8 players (max) per team</td>
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<tr>
<td>Batting</td>
<td>Batting tees may be used</td>
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<tr>
<td>Bowling</td>
<td>One over per player with everyone to bowl</td>
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<tr>
<td>Fielding</td>
<td>Rotation of fielders. No fielders within 10m of batters end stumps</td>
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<tr>
<td>Pitch length</td>
<td>Flexible to suit the standard of bowler and batter (approx. 13-16m)</td>
</tr>
<tr>
<td>Dismissals</td>
<td>No - batters change ends if dismissed, no LBW</td>
</tr>
</tbody>
</table>

MILO T20 Blast

MILO T20 Blast has been developed to ensure junior cricketers can progress with confidence from MILO in2CRICKET to competitive club cricket competitions and play an appropriate format of cricket that will inspire them to continue as a player and/or a fan. MILO T20 Blast is a graduate competition and bridges the gap between MILO in2CRICKET participants and junior club cricket. The aim of MILO T20 Blast is to:

1. Introduce junior cricketers to competition
2. Continue to develop skills and techniques learnt in MILO in2CRICKET
3. Maximise participation for all participants
4. Increase kids’ passion for cricket

<table>
<thead>
<tr>
<th>Description</th>
<th>MILO T20 Blast</th>
</tr>
</thead>
<tbody>
<tr>
<td>Target</td>
<td>8-12 year olds</td>
</tr>
<tr>
<td>Location</td>
<td>Multiple games on single ground at same weekly location</td>
</tr>
<tr>
<td>Team Sizes</td>
<td>Eight players per team</td>
</tr>
<tr>
<td>Time Frame</td>
<td>60-75 minutes per game</td>
</tr>
<tr>
<td>Game Length</td>
<td>16 overs per innings</td>
</tr>
<tr>
<td>Pitch Length</td>
<td>18 metres</td>
</tr>
<tr>
<td>Pitch Type</td>
<td>Grass outfield</td>
</tr>
<tr>
<td>Ground Size</td>
<td>40 metres</td>
</tr>
<tr>
<td>Ball</td>
<td>Incrediball</td>
</tr>
<tr>
<td>Equipment</td>
<td>Provided</td>
</tr>
<tr>
<td>Batting</td>
<td>Pairs bat for four overs</td>
</tr>
<tr>
<td>Bowling</td>
<td>All bowlers bowl two overs</td>
</tr>
<tr>
<td>Fielding</td>
<td>10 metre exclusion zone</td>
</tr>
</tbody>
</table>
## Under 11s and 12s

<table>
<thead>
<tr>
<th></th>
<th>Community</th>
<th>Representative</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Coaches</strong></td>
<td>Level 1 or above</td>
<td>Level 2 or above</td>
</tr>
<tr>
<td>(What is the ideal level of coaching?)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Game Formats</strong></td>
<td>One day limited over</td>
<td>One day limited over</td>
</tr>
<tr>
<td>(What are the ideal game types?)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Ball</strong></td>
<td>142g leather/composition</td>
<td>142g leather</td>
</tr>
<tr>
<td>(Ideal size and type)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Protective Equipment</strong></td>
<td>Minimum: Helmet (including Wicket-</td>
<td>Minimum: Helmet (including Keepers</td>
</tr>
<tr>
<td>(What protective equipment should be worn)</td>
<td>Keepers when up to the stumps), Pads,</td>
<td>when up to the stumps), Pads, Gloves,</td>
</tr>
<tr>
<td></td>
<td>Gloves, Protector</td>
<td>Protector</td>
</tr>
<tr>
<td><strong>Boundary</strong></td>
<td>Whatever the field allows to a maximum</td>
<td>Whatever the field allows to a maximum</td>
</tr>
<tr>
<td>(Specify as max or what the field allows)</td>
<td>of 45 metres</td>
<td>of 45 metres</td>
</tr>
<tr>
<td><strong>Duration</strong></td>
<td>No more than 25 overs per innings, Matches</td>
<td>No more than 40 overs per team</td>
</tr>
<tr>
<td>(May be specified as max overs or time)</td>
<td>no longer than 180 minutes, Bowl 5 overs</td>
<td></td>
</tr>
<tr>
<td></td>
<td>from one end at a time</td>
<td></td>
</tr>
<tr>
<td><strong>Team</strong></td>
<td>10</td>
<td>10-12</td>
</tr>
<tr>
<td><strong>Innings (No innings/team/day)</strong></td>
<td>One innings per team per day</td>
<td>One innings per team per day</td>
</tr>
<tr>
<td><strong>Batting</strong></td>
<td>Retire at either: 25 runs/20 minutes/25 balls</td>
<td>Retire at either: 50 runs/45 minutes/50</td>
</tr>
<tr>
<td>(Specify as max runs/time/balls faced)</td>
<td>(1 to be chosen), Retired batters can return</td>
<td>balls (1 to be chosen), Retired batters can</td>
</tr>
<tr>
<td></td>
<td>when all others have batted, in the order</td>
<td>return when all others have batted, in the</td>
</tr>
<tr>
<td></td>
<td>they retired</td>
<td>order they retired</td>
</tr>
<tr>
<td><strong>Bowling</strong></td>
<td>Max 6 overs per day (3 per spell), Max 8</td>
<td>Max 8 overs per day (4 per spell)</td>
</tr>
<tr>
<td>(Max overs per bowlers and maximum balls per over)</td>
<td>balls per over</td>
<td></td>
</tr>
<tr>
<td><strong>Fielding</strong></td>
<td>No fielders within 20 metres with the</td>
<td>No fielders within 10 metres with the</td>
</tr>
<tr>
<td>(Consider both safety and flow of game)</td>
<td>exception of slips, gully and wicketkeeper</td>
<td>exception of slips, gully and wicketkeeper</td>
</tr>
<tr>
<td>(to encourage more singles)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Pitch Length</strong></td>
<td>17.68 metres</td>
<td>Standard pitch 20.12 metres</td>
</tr>
<tr>
<td>(Recommended max length)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Dismissals</strong></td>
<td>Introduce LBW (need to expand on what this</td>
<td>LBW</td>
</tr>
<tr>
<td>(Consider if LBW should be included)</td>
<td>means)</td>
<td></td>
</tr>
<tr>
<td><strong>Rotation of Players</strong></td>
<td>Recommended to rotate players through</td>
<td></td>
</tr>
<tr>
<td></td>
<td>batting, bowling and fielding positions</td>
<td></td>
</tr>
<tr>
<td></td>
<td>throughout the season</td>
<td></td>
</tr>
</tbody>
</table>
## Under 13s

<table>
<thead>
<tr>
<th>Category</th>
<th>Community</th>
<th>Representative</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coaches (What is the ideal level of coaching)</td>
<td>Level 1 or above</td>
<td>Level 2 or above</td>
</tr>
<tr>
<td>Game Formats (What are the ideal game types)</td>
<td>One day limited overs</td>
<td>One day limited overs</td>
</tr>
<tr>
<td>Ball (Ideal size and type)</td>
<td>142g leather or composite</td>
<td>142g leather</td>
</tr>
<tr>
<td>Protective Equipment (What protective equipment should be worn)</td>
<td>Minimum; Helmet (including Keepers when up to the stumps), Pads, Gloves, Protector</td>
<td>Minimum; Helmet (including Keepers when up to the stumps), Pads, Gloves, Protector</td>
</tr>
<tr>
<td>Boundary (Specify as max or what the field allows)</td>
<td>Whatever the field allows to a maximum of 50 metres</td>
<td>Whatever the field allows to a maximum of 50 metres</td>
</tr>
<tr>
<td>Duration (May be specified as max overs or time)</td>
<td>No more than 25 overs per innings, Matches no longer than 180 minutes, Bowl 5 overs from one end at a time</td>
<td>No more than 40 overs per team</td>
</tr>
<tr>
<td>Team</td>
<td>10-12</td>
<td>10-12</td>
</tr>
<tr>
<td>Innings (No innings per team per day)</td>
<td>One innings per team per day</td>
<td>One innings per team per day</td>
</tr>
<tr>
<td>Batting (Specify as max runs/time/balls faced)</td>
<td>Retire at either:, 35 runs/30 minutes/35 balls (1 to be chosen), Retired batters can return when all others have batted, in the order they retired</td>
<td>Retire at either:, 50 runs/45 minutes/50 balls (1 to be chosen), Retired batters can return when all others have batted, in the order they retired</td>
</tr>
<tr>
<td>Bowling (Max overs per bowlers and maximum balls per over)</td>
<td>Max 6 overs per day (3 per spell)</td>
<td>Max 8 overs per day (4 per spell)</td>
</tr>
<tr>
<td>Fielding (Consider both safety and flow of game)</td>
<td>No fielders within 10 metres with the exception of slips, gully and wicketkeeper</td>
<td>No fielders within 10 metres with the exception of slips gully and wicketkeeper</td>
</tr>
<tr>
<td>Pitch Length (Recommended maximum length)</td>
<td>18.90 metres</td>
<td>Standard pitch 20.12 metres</td>
</tr>
<tr>
<td>Dismissals (Consider if LBW should be included)</td>
<td>LBW</td>
<td>LBW</td>
</tr>
<tr>
<td>Rotation of Players</td>
<td>Recommended to rotate players through batting, bowling and fielding positions throughout the season</td>
<td>Recommended to rotate players through batting, bowling and fielding positions throughout the season</td>
</tr>
<tr>
<td>Coaches (What is the ideal level of coaching)</td>
<td>Community</td>
<td>Representative</td>
</tr>
<tr>
<td>---------------------------------------------</td>
<td>-----------</td>
<td>----------------</td>
</tr>
<tr>
<td></td>
<td>Level 1 or above</td>
<td>Level 2 or above</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Game Formats (What are the ideal game types)</th>
<th>Community</th>
<th>Representative</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>One day limited overs</td>
<td>One day limited overs</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ball (Ideal size and type)</th>
<th>Community</th>
<th>Representative</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>142g leather</td>
<td>142g leather</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Protective Equipment (What protective equipment should be worn)</th>
<th>Community</th>
<th>Representative</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minimum:, Helmet (including Keepers when up to the stumps), Pads, Gloves, Protector</td>
<td>Minimum:, Helmet (including Keepers when up to the stumps), Pads, Gloves, Protector</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Boundary (Specify as max or what the field allows)</th>
<th>Community</th>
<th>Representative</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whatever the field allows to a maximum of 55 metres</td>
<td>Whatever the field allows to a maximum of 55 metres</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Duration (May be specified as max overs or time)</th>
<th>Community</th>
<th>Representative</th>
</tr>
</thead>
<tbody>
<tr>
<td>No more than 25 overs per innings, Matches no longer than 180 minutes, Bowl 5 overs from one end at a time</td>
<td>No more than 50 overs per team</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Team</th>
<th>Community</th>
<th>Representative</th>
</tr>
</thead>
<tbody>
<tr>
<td>10-12</td>
<td>One innings per team per day</td>
<td>One innings per team per day</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Innings (No innings per team per day)</th>
<th>Community</th>
<th>Representative</th>
</tr>
</thead>
<tbody>
<tr>
<td>One innings per team per day</td>
<td>One innings per team per day</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Batting (Specify as max runs/time/balls faced)</th>
<th>Community</th>
<th>Representative</th>
</tr>
</thead>
<tbody>
<tr>
<td>Retire at either:, 40 runs/35 minutes/30 balls (1 to be chosen), Retired batters can return when all others have batted, in the order they retired</td>
<td>Retire at either:, 50 runs/45 minutes/50 balls (1 to be chosen), Retired batters can return when all others have batted, in the order they retired</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Bowling (Max overs per bowlers and maximum balls per over)</th>
<th>Community</th>
<th>Representative</th>
</tr>
</thead>
<tbody>
<tr>
<td>Max 8 overs per day (4 per spell)</td>
<td>Max 10 overs per day (5 per spell)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fielding (Consider both safety and flow of game)</th>
<th>Community</th>
<th>Representative</th>
</tr>
</thead>
<tbody>
<tr>
<td>No fielders within 10 metres with the exception of slips, gully and wicketkeeper</td>
<td>No fielders within 10 metres with the exception of slips, gully and wicketkeeper</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Pitch Length (Recommended maximum length)</th>
<th>Community</th>
<th>Representative</th>
</tr>
</thead>
<tbody>
<tr>
<td>Standard pitch 20.12 metres</td>
<td>Standard pitch 20.12 metres</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dismissals (Consider if LBW should be included)</th>
<th>Community</th>
<th>Representative</th>
</tr>
</thead>
<tbody>
<tr>
<td>LBW</td>
<td>LBW</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Rotation of Players</th>
<th>Community</th>
<th>Representative</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recommended to rotate players through batting, bowling and fielding positions throughout the season</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
# Under 15s and above

<table>
<thead>
<tr>
<th>Category</th>
<th>Community</th>
<th>Representative</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coaches (What is the ideal level of coaching)</td>
<td>Level 1 or above</td>
<td>Level 2 or above</td>
</tr>
<tr>
<td>Game Formats (What are the ideal game types)</td>
<td>One day limited overs, Two day limited overs</td>
<td>One day limited overs, Two day limited overs</td>
</tr>
<tr>
<td>Ball (Ideal size and type)</td>
<td>156g leather</td>
<td>156g leather</td>
</tr>
<tr>
<td>Protective Equipment (What protective equipment should be worn)</td>
<td>Minimum: Helmet (including Keepers when up to the stumps), Pads, Gloves, Protector</td>
<td>Minimum: Helmet (including Keepers when up to the stumps), Pads, Gloves, Protector</td>
</tr>
<tr>
<td>Boundary (Specify as max or what the field allows)</td>
<td>Whatever the field allows to a maximum of 60 metres</td>
<td>Whatever the field allows to a maximum of 60 metres</td>
</tr>
<tr>
<td>Duration (May be specified as max overs or time)</td>
<td>One day- No more than 30 overs per innings, Matches no longer than 210 minutes, Two Day – No more than 50 overs per innings. Innings no longer than 180 minutes</td>
<td>One day - No more than 50 overs per team, Two day – No more than 80 overs per day</td>
</tr>
<tr>
<td>Team</td>
<td>10-12</td>
<td>10-12</td>
</tr>
<tr>
<td>Innings (No innings per team per day)</td>
<td>Minimum one innings per team per day</td>
<td>One Day - Minimum one innings per team per day, Two Day – No minimum</td>
</tr>
<tr>
<td>Batting (Specify as max runs/time/balls faced)</td>
<td>One Day-Retire at either:, 50 runs/45 minutes/50 balls (1 to be chosen), Retired batters can return when all others have batted, in the order they retired, Two day- 75 runs</td>
<td>One day -Retire at either., 75 runs/60 minutes/75 balls (1 to be chosen), Retired batters can return when all others have batted, in the order they retired, Two Day- No retirement</td>
</tr>
<tr>
<td>Bowling (Max overs per bowlers and maximum balls per over)</td>
<td>Max 10 overs per day (6 per spell), Two Day – refer to CA Bowling Guidelines</td>
<td>One Day – Max 10 overs per day (6 per spell), Two Day – refer to CA Bowling Guidelines</td>
</tr>
<tr>
<td>Fielding (Consider both safety and flow of game)</td>
<td>No fielders within 10 metres with the exception of slips, gully and wicketkeeper</td>
<td>No fielders within 10 metres with the exception of slips, gully and wicketkeeper</td>
</tr>
<tr>
<td>Pitch Length (Recommended max length)</td>
<td>Standard pitch 20.12 metres</td>
<td>Standard pitch 20.12 metres</td>
</tr>
<tr>
<td>Dismissals</td>
<td>LBW</td>
<td>LBW</td>
</tr>
<tr>
<td>Rotation of Players</td>
<td>Recommended to rotate players through batting, bowling and fielding positions throughout the season</td>
<td>Recommended to rotate players through batting, bowling and fielding positions throughout the season</td>
</tr>
</tbody>
</table>
## 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. Pathways are available to take players from social to international competition.

<table>
<thead>
<tr>
<th></th>
<th>6 &amp; 8 - a - Side</th>
<th>Mixed</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Game Formats</strong></td>
<td>1 innings per side 12 -16 overs per innings</td>
<td>1 innings per side 12 - 16 overs per innings</td>
</tr>
<tr>
<td><strong>Ball (ideal size and type)</strong></td>
<td>Recognised brand of indoor cricket ball</td>
<td>Recognised brand of indoor cricket ball</td>
</tr>
<tr>
<td><strong>Protective Equipment (what protective equipment should be worn)</strong></td>
<td>Minimum: Batting Gloves Protector</td>
<td>Minimum: Batting Glove Protector</td>
</tr>
<tr>
<td><strong>Court size</strong></td>
<td>Length 28-30 metres Width 10.5 – 12 metres Height 4 -4.5 metres</td>
<td>Length 28-30 metres Width 10.5 – 12 metres Height 4 -4.5 metres</td>
</tr>
<tr>
<td><strong>Team (Overall recommendation but relevant to game type)</strong></td>
<td>6 -8 players</td>
<td>6-8 players No more than 3 players of same gender in 6 a side No more than 4 players of same gender in 8 a side</td>
</tr>
<tr>
<td><strong>Batting</strong></td>
<td>Each player must bat. Batsmen bat in pairs for a period of 4 overs. When dismissed batsmen lose 5 runs but continue to bat</td>
<td>Each player must bat. Batsmen bat in pairs for a period of 4 overs. Each pair must contain 1 x male and 1 x female batsmen When dismissed batsmen lose 5 runs but continue to bat</td>
</tr>
<tr>
<td><strong>Bowling</strong></td>
<td>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</td>
<td>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</td>
</tr>
<tr>
<td><strong>Fielding</strong></td>
<td>There must be no more than ½ the fielders in each half of the court. Fielders cannot enter the 3 metre exclusion zone prior to the batsmen playing the ball</td>
<td>There must be no more than ½ the fielders in each half of the court. Fielders cannot enter the 3 metre exclusion zone prior to the batsmen playing the ball</td>
</tr>
<tr>
<td><strong>Pitch Length</strong></td>
<td>Standard pitch 20.12 metres</td>
<td>Standard pitch 20.12 metres</td>
</tr>
<tr>
<td><strong>Dismissals</strong></td>
<td>As per rules of outdoor cricket. Players can be caught off the netting. LBW will only be introduced if a batsmen fails to play a shot</td>
<td>As per rules of outdoor cricket. Players can be caught off the netting. LBW will only be introduced if a batsmen fails to play a shot</td>
</tr>
</tbody>
</table>

The official rules of Indoor Cricket and CA accredited centres can be found at [www.cricket.com.au/indoorcricket](http://www.cricket.com.au/indoorcricket)
Bowling Workload Guidelines

The following is recommended to reduce the risk of injury and enhance the bowling development of junior cricketers both in game and training situations.

5 – 12 years of age
- Restrictions in place for player development – all players to bowl in every match unless injured or at risk of injury.
- Six (6) legal balls per over with a maximum of eight (8) balls in any one over including wides and no-balls.

13 years and above
- Restrictions are in place predominately for safety but also for development purposes.
- Maximum overs in a day includes all overs on that day and that if a second innings commences on the same day, i.e. outright opportunity, restrictions still apply.

Rest periods
- For players playing more than one match in a given day the daily restrictions should still apply.
- The minimum rest periods between spells for medium and fast bowlers will be at least the same number of overs bowled from the same end as the bowlers’ immediately concluded spell.

<table>
<thead>
<tr>
<th>AGE</th>
<th>BOWLING RESTRICTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>5–8 years</td>
<td>One over per bowler, maximum eight balls in any one over</td>
</tr>
<tr>
<td>Under-10</td>
<td>All players (unless injured or at risk of injury) minimum one over. Two overs maximum each spell, Four overs maximum for day, Maximum eight balls in any one over</td>
</tr>
<tr>
<td>Under-11</td>
<td>All players (unless injured or at risk of injury) minimum one over. Three overs maximum each spell, Six overs maximum for day, Maximum eight balls in any one over including wides/no-balls</td>
</tr>
<tr>
<td>Under-12</td>
<td>All players (unless injured or at risk of injury) minimum one over. Four overs maximum each spell, Eight overs maximum for day, maximum eight balls in any one over including wides/no-balls</td>
</tr>
<tr>
<td>Under-13</td>
<td>Four overs maximum each spell, 8 overs maximum for day</td>
</tr>
<tr>
<td>Under-14</td>
<td>Five overs maximum each spell, 10 overs maximum for day</td>
</tr>
<tr>
<td>Under-15</td>
<td>Five overs maximum each spell, 12 overs maximum for day</td>
</tr>
<tr>
<td>Under-16</td>
<td>Six overs maximum each spell, 14 overs maximum for day</td>
</tr>
<tr>
<td>Under-17</td>
<td>Six overs maximum each spell, 16 overs maximum for day</td>
</tr>
<tr>
<td>Under-18</td>
<td>Seven overs maximum each spell, 18 overs maximum for day</td>
</tr>
<tr>
<td>Under-19</td>
<td>Eight overs maximum each spell, 20 overs maximum for day</td>
</tr>
</tbody>
</table>
Workload guidelines for playing and training

It is recommended that the following guidelines be adopted for junior cricketers’ training schedules.

<table>
<thead>
<tr>
<th>Sessions per week*</th>
<th>U10</th>
<th>U11</th>
<th>U12</th>
<th>U13</th>
<th>U14</th>
<th>U15</th>
<th>U16</th>
<th>U17</th>
<th>U18</th>
<th>U19</th>
</tr>
</thead>
<tbody>
<tr>
<td>Balls per session</td>
<td>24</td>
<td>24</td>
<td>24</td>
<td>30</td>
<td>30</td>
<td>30</td>
<td>36</td>
<td>36</td>
<td>42</td>
<td>48</td>
</tr>
</tbody>
</table>

*Substitute at least one practice session for each additional match played in the week

Bowling: Guidelines for Total Weekly Workload (under-14 to under-19 bowlers)

Current research suggests that the total number of deliveries bowled in a week is closely linked to the potential for injury. At first-class level (average age 27 years) it has been shown that total workloads of more than 170 balls results in a 1.45 times increase in the risk of injury. This is a potential area for concern in younger age groups when growth, motor development and physical maturity factors are taken into account.

For under-14 to under-19 bowlers it is recommended that a sensible strategy is:

- If 1 to 10 overs of match deliveries are bowled in a week a bowler should follow the training guidelines above.
- If 11 to 20 overs of match deliveries are bowled in a week a bowler should NOT bowl more than twice at training during that week.
- If 21 to 30 overs of match deliveries are bowled in a week a bowler should NOT bowl more than once at training during that week.
- If 30 overs or more of match deliveries are bowled in a week a bowler should NOT bowl at all at training during that week.

The above recommendations were developed with weekly club/school cricket in mind and they are not necessarily appropriate for junior cricket carnivals, which may have children playing multiple days of cricket consecutively.

It should also be noted that coaches, administrators and parents should be aware of the training workloads and any other competition playing commitments, in the 2–3 days leading up to and immediately after the aforementioned competitions/junior carnivals.

These recommendations have been developed with the junior cricket player’s best interest in mind. Cricket Australia hopes that coaches and team managers can understand this and help to provide the safest possible environment for our junior players.

Detecting and managing illegal actions

Many young boys and girls experience difficulties with maintaining a bowling arm position within the International Cricket Council’s range (0-15 degrees).

Coaches, parents, umpires and managers of underage teams should respect the sensitive nature of this issue. At the introductory level of the game, bowlers in this category should be assisted with the problem rather than have it highlighted. A high level of empathy should be applied to the handling of these cases.
Game formats should ensure maximum participation.

Bowling restrictions should be enforced at training and during matches.

The sporting choices of many Australians have changed dramatically in recent years resulting in some cricket associations developing varying forms of cricket to cater for these needs.

All young players up until approximately age 12 should experience all parts of the game by rotating batting orders, bowlers, wicket-keepers and fielding positions.

We also learnt there are workload guidelines to adhere to in order to reduce the risk of injury and enhance the bowling development of junior cricketers both in game and training situations.

In summary, this section taught us that:

- Game formats should ensure maximum participation.
- Bowling restrictions should be enforced at training and during matches.
- The sporting choices of many Australians have changed dramatically in recent years resulting in some cricket associations developing varying forms of cricket to cater for these needs.
- All young players up until approximately age 12 should experience all parts of the game by rotating batting orders, bowlers, wicket-keepers and fielding positions.

These include:

**5 – 12 years of age**

- Restrictions in place for player development – all players to bowl in every match unless injured or at risk of injury.

**13 years and above**

- Restrictions are in place predominately for safety but also for development purposes.

This section also taught us that coaches, administrators and parents should be aware of the training workloads and any other competition playing commitments, in the 2–3 days leading up to and immediately after the aforementioned competitions/junior carnivals.
This section addresses the following:

- Cricket Coaches Australia (CCA)
- Cricket Umpires Australia (CUA)
- Volunteering Pathways
Coaching, Umpiring and Volunteering

Cricket Australia in conjunction with the State and Territory Heads of Game Development and Education and Training managers see that coach and umpire accreditation is an important part of the cricket framework and is a key factor in the recruitment and retention of players, as well as the development of the Australian cricket pathway from the backyard to the Baggy Green.

Cricket Australia’s coach and umpire education courses focus on being able to pass on an understanding of the game (e.g. skills, tactics, and strategy) as well as the spirit of the game. Coaches and umpires can also help children develop decision making skills, understand etiquette and develop qualities like leadership, teamwork and respect. These can be primary reasons why children play (or leave) cricket and there is nothing more directly linked to children becoming disenchanted with a sport than inadequate training or the poor behaviour of a coach or umpire.

Australian cricket recognises the significant contribution volunteers make to clubs, associations and in schools across the country. 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 simply not exist.

Cricket Australia has developed training programs to assist in the delivery of entry level programs. These programs include tools in the form of face-to-face in-services, training manuals, applications for hand-held devices and support through field staff across Australia. The following training programs underpin the coach, umpire and volunteer pathway and provide an easy way for mums, dads, grandparents and helpers to engage confidently and actively in the sport for their own benefit and that of the players.

**MILO in2CRICKET Coordinator**
- Aimed to equip volunteer mum and dads to assist at their local MILO in2CRICKET program.
- Delivered online, face-to-face and with training manual and iPhone App tools for support.
- You will feel confident you have all the tools to help provide a fun, safe learning environment.

**MILO T20 Blast Match Manager**
- Aimed to equip volunteer mum and dads to assist in managing a MILO T20 Blast program.
- Delivered online, face-to-face and with training manual and iPhone App tools for support.
- You will feel confident you have all the tools to help provide a fun, safe learning environment.

**Introduction to Cricket**
- Aimed to equip volunteers with the basic skills and information to enable them to be confident in assisting with entry level club cricket programs.
- Delivered online and shaped around learning through reflection of practical experience.
- Candidates will leave confident of the skills required to safely supervise children while playing cricket.
- An accredited course that is also a prerequisite for further coach and umpire programs.
Cricket coaching in Australia has been developed with a GAME based methodology that has the player at the centre of the learning process. Parents look for their children to be safe, have fun and learn new skills, and the coach has the ability to create this environment and influence personal and sport development. Further, children develop skills rapidly and failure to create an environment that enhances basic skills and coordination is the biggest factor leading to drop out in sport.

Coaches are the catalyst to ensure cricket games are played in a fun, safe and learning environment. Community coaches have a significant impact on players in the development of skills but also in communicating the traditional values of the game – the ‘Spirit of Cricket’.

All coaches, including volunteers conducting MILO in2CRICKET, school, junior and senior club programs, have been identified as the most significant factor impacting on the continued participation in cricket of the players in their care.

We also recognise that a coaching ‘course’ is only one step in the process of assisting coaches to become more proficient. CCA has been established as a means to support coaches through the provision of on-going educational opportunities and ultimately through recognition of excellence at all levels of involvement. Since its inception, CCA continues to develop and is a major source of coach education and recognition throughout the country. Coaches registered with CCA can look forward to the following:

- CCA Seminars/Workshops.
- Member benefits – such as exclusive CCA branded merchandise.
- Quarterly issues of the Overview coaching newsletter;
- National conferences.

To become a member of CCA please register by visiting http://coaches.cricket.com.au

Compulsory Accreditation for all Junior Cricket Coaches

As of 1 October 2012, all junior coaches will be required to complete a Cricket Australia coach accreditation course. This includes; Introduction to Cricket course, Community (Level One), Representative (Level Two) or High Performance (Level Three) coaching programs.

Cricket Australia will continue to work with State/Territory associations and their affiliates in the implementation of compulsory accreditation, however in the 2012/13 season, cricket clubs will be required to register their accredited coaches through the Weet-Bix ‘MyCricket’ registration process.
Community Coach

- Aimed to equip candidates with the technical knowledge and skills to be an effective coach.
- Candidates will be instructed in the key areas of coaching including principles of coaching, principles of teaching, communication and group management, physical training and coaching cricket.
- An effective coach will help to ensure that every player has a positive experience through a safe and enjoyable playing environment.
- A formal Cricket Australia NCAS accreditation is presented in two segments, the online Introduction to Cricket course and in-course presentation, and workshops, practical demonstrations and assessment tasks (14 hours).
- Resources candidates will receive include:
  - Australian Cricket Coach Manual
  - Level one (Development) Course Candidate workbook
  - Development Coach (Youth) CD ROM
  - Cricket Australia Umpiring Guide CD ROM
  - Well Played: Australian cricket’s playing policies and guidelines

Representative Coach

- Candidates are selected on a priority basis through the state/territory coaching managers.
- Experienced Level one coaches (1+ years) can be placed on their state/territory waiting list.
- Designed to further enhance the development of experienced Level one coaches.
- Delivered by each state/territories’ most experienced coaches covering making effective decisions, planning and organisation, self-management, applying health and safety principles, improving technical knowledge and skill acquisition.

High Performance Coach

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 he/she will liaise throughout the 12 month assessment period.
Umpiring Pathways

Cricket in Australia needs associations, clubs and schools to provide a pathway to umpiring.

The opportunity to remain active in the game is perhaps no better exemplified than through umpiring. It provides the best ‘seat in the house’ for those who take it on.

Club administrators, coaches and players are encouraged to explore involvement in umpiring.

The standard umpire accreditation is Cricket Australia’s Level Two course.

However, a first step in assisting new umpires, or those mums and dads who stand as umpires in junior games, is the Cricket Australia Umpiring Guide CD-ROM. All clubs and schools are encouraged to purchase this resource and to make it available to novice umpires. They will very quickly learn the basics through this easy-to-use resource.

Community Umpire

This introductory course was launched in 2008 as Cricket Australia’s’ first formal Beginner Umpire Program and has proved to be a popular program.

It aims to equip participants with the necessary skills and information to umpire in competitive junior cricket and as a new senior community cricket umpire.

The course includes a comprehensive DVD resource, containing all necessary support materials.

This ‘tool’ forms the basis of the program and it is universally acknowledged as an excellent introduction to umpiring.

Formal accreditation is accompanied by a unique field-shirt and accreditation card following successful on-field, community-based, assessment.

Representative Umpire

Level two courses are organised for experienced umpires by State and Territory Umpires Associations.

On registration you will receive a comprehensive set of umpiring resources to support and guide you through your learning. Your on-field competence, as well as your knowledge of Laws and Playing Regulations, will be comprehensively assessed.

On successful completion of the complete course you will receive your Cricket Australia accreditation card.
Before we move on, let’s see what you have learnt in this section so far...

Select answers by clicking buttons (multiple choices allowed) then click 'Submit' for results.

1. The Introduction to Cricket course aimed to equip adults with the basic skills and information to enable them to be confident in assisting with entry level cricket programs:
   - True
   - False

2. MILO in2CRICKET coordinators are encouraged to complete the Introduction to Cricket course
   - True
   - False

3. It is compulsory for all junior coaches to have completed an official Cricket Australia coach education course program to attain accreditation?
   - True
   - False

Cricket Australia Umpire Pathway

Competitions | Panels | Assessment
---|---|---
ODIs | T20 Int | Test 4th | International Panel | ICC Match Referee
 | | | National Panel | Umpire High Performance Panel
| | | Emerging Panel | Umpire High Performance Panel
| | | State Panel | Umpire High Performance Panel

Structure: from State to International Panel
Volunteer Pathways

Cricket Australia seeks to lead by example and 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, administrating and more.

What can you get out of volunteering?

Volunteering can be rewarding for a host of reasons, such as:

- Skill acquisition - communication skills, leadership skills etc.
- Meeting new people
- Experiencing new challenges
- Personal & professional development and/or training
- Confidence
- The ability to explore different sorts of career or job opportunities in a voluntary capacity
- A written/verbal reference
- Satisfaction from doing something to make a difference
- 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
- Learn new skills or using existing skills

Getting Involved

1. **Contact your local cricket club**

Local cricket clubs is constantly searching for volunteers to assist in various operational aspects of running the club.

2. **Contact your state or territory cricket association**

If you are having difficulty locating your nearest cricket club, please contact your state or territory cricket association and they can provide you with this information.
Recognising Volunteers

First Time Volunteer Certificates
Cricket Australia is committed to recognising the significant impact volunteers have on the wellbeing of our great game. Through our partnership with the Australian Cricket Society, we have introduced a recognition program to acknowledge first time volunteers. The program aims to identify volunteers within clubs and MILO in2CRICKET centres that have contributed in some way, whether it is through coaching, umpiring, administration or more.

50 Year Service to Cricket
Each year, Australian cricket recognises the outstanding contribution of volunteers who have provided 50 years of service to cricket. A gold plated Cricket Australia branded pin in a velvet case is struck for each recipient in recognition for their 50 years of service. A certificate signed by Mr Wally Edwards, Chairman Cricket Australia accompanies the pin.

Volunteer of the Year Awards
Each year one volunteer from each state and territory is chosen to represent the countless number of volunteers helping to make cricket Australia’s favourite sport. The recipients will attend the Allan Border Medal awards night - a highlight of the Australian cricketing calendar.

In summary, this section taught us that:
Community coaches have a significant impact on players in the development of skills but also in communicating the traditional values of the game – the ‘Spirit of Cricket’.
We also learnt that all coaches, including volunteers conducting MILO in2CRICKET, MILO T20 Blast, school, junior and senior club programs, have been identified as the most significant factor impacting on the continued participation in cricket of the players in their care.
There are a number of coach accreditation pathways which provide your coaches with the support and knowledge to further develop participants at your club or school.
This section also taught us that the opportunity to remain active in the game is perhaps no better exemplified than through umpiring. It provides the best ‘seat in the house’ for those who take it on.
In the next section we look at some recommended practices to provide quick and comprehensive guidelines to promote a safe approach to cricket at all levels.
# Volunteer Support Checklist

## Administration
- Club has viewed information on how to set up a club
- Club is incorporated under State law
- Club has a current Constitution
- Club is affiliated with an association that is affiliated with a State or Territory association
- Club holds an Annual General Meeting (AGM)
- Club produces an Annual Report available to all members
- Club is registered with Weet-Bix MyCricket and viewed the administrator season guide
- Club has a website or produces a regular newsletter
- Club has role descriptions for committee

## People
- Club has a volunteer management policy
- Club has an up to date database of members
- Club has at least one accredited coach per team
- Club is a member of the Australian Sports Commission Club Development Network
- Club encourages and provides volunteer opportunities and training
- Club has a trained first aid officer

## Policies & Guidelines
- Club complies with State or Territory government Working with Children requirements
- Club has a current Public Liability Insurance Policy
- Club’s financial reports comply with reporting standards and legislation
- Club conducts weekly Risk Management Audits
- Club has and displays an Accident policy and procedure
- Club has first aid facilities at all matches and training sessions
- Club has a sponsorship guideline & criteria

## Planning
- Club has a long term strategic plan (min 3 years)
- Club conducts annual planning sessions
- Club produces Annual Financial Reports & Budget
- Club produces receipts and invoices for member and stakeholders
- Club is in a sound financial position
- Club produces an annual financial budget
- Club has an asset register

## Club Management
- Club has and displays the policies for Smoke Free; Alcohol; SunSmart; Member Protection: Anti-discrimination
- Club has and displays Codes of Conduct for Players, Coaches, Umpires, Volunteers, Parents & Spectators
- Club ensures Cricket Australia’s Well Played policy is available to all members
- Club adheres to the Spirit of Cricket
- If serving alcohol the club has valid liquor license
- Club has participated in a government recognised Responsible Serving of Alcohol Program
- Club has a welcoming and inclusive club environment
- Clubs runs inclusive programs
- Club runs junior pathway programs including; MILO in2CRICKET and MILO T20 Blast

## Community Engagement
- Club has an affiliation with the local school, Indoor centre and grade/premier club
- Club has formal links with local council or shire
- Club has formal links with a local school or educational facility
- Club has formal links with another club of a different code
- Club has links with a non-sporting community organisation (charities or community groups)
- Club attends affiliate meetings and provides constructive feedback to the relevant association

[Click here to download Checklist](#)
This section addresses the following:

- Risk Management
- Injury Prevention
- Recommendations for the use of helmets
- Member Protection
- Accreditation and screening of volunteers
- National Club Insurance Program
- Ground and weather conditions
- Facilities and equipment
- Heat, hydration and sun protection
Safety and Legal Considerations

While there is an inherent safety risk in all sports, cricket is generally a safe game, particularly if there is the adoption and implementation of an injury prevention and safety program within your association, club or school.

To assist associations, clubs, schools and coaches adopt a consistent approach to managing the safety and injury risks within cricket, Cricket Australia has developed some recommended practices to provide a quick and comprehensive reference of guidelines to promote a safe approach to cricket at all levels.

Quick Guide Safety tips for cricket

- Appoint a risk management officer to consider and implement these safety tips as a minimum. Good preparation is important.
- Warm up and stretch before and regularly during a cricket session, including warm down. Bowlers, particularly fast bowlers, should warm up before their bowling session.
- Good technique and practices will help prevent injury.
- Restrict the number of overs bowled in any one session. The actual number should take into account the bowler’s physical maturity. This is particularly important for young cricketers.
- Follow Cricket Australia’s Bowling Injury Prevention SPOT program which advocates screening young bowlers for risk factors, including postural stature; physical preparation; avoidance of over bowling; and use of correct bowling techniques.
- Coaches should undergo regular re-accreditation and education updates to ensure they have the latest information about playing techniques.
- Wear appropriate safety equipment.
- Wear body padding when batting including gloves, leg pads and protectors for boys.
- When batting, wicket-keeping up to the stumps or fielding in close wear a cricket helmet with a faceguard that complies with the Australian standard.
- Wear protective gear during training as well as competition.
- Seek professional advice on appropriate cricket shoes.
- Modify rules for children.
- Encourage children to play modified cricket programs as a means of developing good technique.
- Wicket-keepers to wear a mouth guard (especially in junior cricket).
- Appoint a club/school safety officer and develop a procedural response checklist in readiness for an injury that may occur during training or competition. This may include checking that the first-aid kit for the club/school is adequately stocked in case an injury occurring.
- Ensure all injured cricketers receive adequate treatment and full rehabilitation before they resume participation.
- Where possible, ensure a qualified first-aid or sports trainer is on hand to treat injured players.
Safety and Injury Prevention

The STOP safety method

Once it has been established that there is no danger to the injured athlete’s life, the severity of the other injuries should be assessed using the STOP method.

STOP

STOP

the athlete from participating or moving.

TALK

TALK

to the injured athlete.

- What happened?
- How did it happen?
- What do you feel?
- Where does it hurt?
- Does it hurt anywhere else?
- Have you injured this part before?

OBSERVE

OBSERVE

whilst talking to the athlete.

- General
  - Is the athlete distressed?
  - Is the athlete lying in an unusual position/posture?
- Injury Site
  - Is there any swelling?
  - Is there any deformity?
  - Is there any difference when compared to the other side/limb?
  - Is there tenderness when touched?
  - Does it hurt to move the injured part?

PREVENT

PREVENT

further injury.

DON’T

DON’T

PANIC

STAY

STAY

COOL

PROVIDE a few words of encouragement if the answer to any of the above questions is yes seek an accredited sports trainer or qualified first aid support.

PLAY ON

PLAY ON

A FEW WORDS OF ENCOURAGEMENT WILL HELP

- Monitor any such injuries.
- Minor injuries should also be managed using the RICER regime.

Source: Coaching Children, Australian Sports Commission
Risk management

Risk Management is a process of systematically identifying risks and eliminating or reducing the likelihood and consequence to the participants, sport and club should they occur. The development and implementation of a risk management plan that is compliant with cricket laws and policies is recommended. A risk management plan should aim to:

- Reduce the frequency and severity of injuries;
- Protect cricket from potentially damaging claims;
- Continue to promote cricket as a safe sport; and
- Continue to minimise insurance premiums.

The following steps can assist a club or association to identify risks and help provide a safe environment;

**Step 1** Get support from committee and club members/players

**Step 2** Appoint a risk management officer

**Step 3** Identify potential risks (what could go wrong?)

**Step 4** Assess potential risks (what is the impact on the club?)

**Step 5** Treat potential risks (what will the club do?)

**Step 6** Monitor and review risks and procedures

In addition, the completion of match day checklists and regular facility checks are also recommended.

National Club Insurance Program

The National Club Insurance Program is a joint initiative of Cricket Australia and the state/territory cricket associations and has seen a number of financial benefits and savings provided to cricket clubs across Australia. The program was developed to help clubs achieve 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:

<table>
<thead>
<tr>
<th>Policy</th>
<th>Cover</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>Public liability</td>
<td>$20m, $1,000 excess</td>
<td>Slip and trip</td>
</tr>
<tr>
<td>Errors and omissions liability (For coaches, umpires and managers only)</td>
<td>$1m, $2,500 excess</td>
<td>Negligent advice by coach/trainer</td>
</tr>
<tr>
<td>Products liability</td>
<td>$20m, $1,000 excess</td>
<td>Faulty products sold by club</td>
</tr>
<tr>
<td>Club management (D&amp;O) employee theft</td>
<td>$10m, $Nil excess, $25,000 excess</td>
<td>Negligence in capacity of office bearers</td>
</tr>
<tr>
<td>Personal accident</td>
<td>85 per cent Non-Medicare costs, $5,000 max, $50 excess</td>
<td>Injuries sustained during club activities</td>
</tr>
<tr>
<td>PA loss of income</td>
<td>85 per cent of net weekly income or $500, 14-day excess</td>
<td>Income lost due to injury sustained during club activity</td>
</tr>
</tbody>
</table>

It is important that clubs register for insurance with the National Club Insurance Program and complete the online risk management module and print their Certificate of Currency. Club administrators can telephone 1300 655 684 (in the ACT, NSW, QLD, VIC) or 1800 882 079 (in the NT, SA, TAS, WA). For further information, you can contact JLT Sport for assistance.
Injury prevention

Cricket, overall, is one of Australia’s safest sports. However, injuries can still occur but establishing preventative measures and practices can greatly assist to minimise the number and severity of injuries.

When and where do cricket injuries occur?

- One third of cricket injuries to children occur during school hours.
- Almost 20 per cent of injuries occur during training or practice.

Safety and Injury Prevention

**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.

<table>
<thead>
<tr>
<th>HOW</th>
<th>WHY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>REST</strong></td>
<td>Place the athlete in a comfortable position, preferably lying down. The injured part should be immobilised and supported.</td>
</tr>
</tbody>
</table>
| **ICE** | The Conventional methods are:  
- Crushed ice in a wet towel/plastic bag.  
- Immersion in icy water.  
- Commercial cold packs wrapped in wet towel.  
- Cold water from the tap is better than nothing.  
Apply for 20 minutes every 2 hours for the first 48 hours.  
CAUTION:  
- Do not apply ice to skin as ice burns can occur.  
- Do not apply ice to people who are sensitive to cold or have circulatory problems.  
- Children have a lower tolerance to ice. |
| **COMPRESSION** | Apply a firm wide elastic bandage over a large area covering the injured parts, as well as above and below the injured part. |
| **ELEVATION** | Raise injured area above the level of the heart at all possible times. |
| **REFERRAL** | Refer to a suitable qualified professional such as a Doctor or Physiotherapist for a definitive diagnosis and ongoing care. Early referral for a definitive diagnosis to ascertain the exact nature of the injury and to gain expert advice on the rehabilitation program required. |

Activity will promote bleeding by increasing blood flow.

Ice reduces:  
- Swelling  
- Pain  
- Muscle spasm  
- Secondary damage to the injured area.

Compression:  
- Reduces bleeding and swelling.  
- Provides support for the injured part.

Elevation:  
- Reduces bleeding and swelling.  
- Reduces pain.

Remember with injuries of this kind, you should avoid the HARM factors.  
- **Heat** – Increase bleeding.  
- **Alcohol** – Increase swelling.  
- **Running** – Or exercising too soon can make injury worse.  
- **Massage** – In the first 48 – 72 hours increase swelling and bleeding.

**Source:** Coaching Children, Australian Sports Commission
Research of cricket injuries shows:

- Cricket injuries are mostly fractures (26.8 per cent), strains – muscle/tendons (23.1 per cent) and sprains – ligaments (19.6 per cent);
- A direct blow from the ball during delivery or fielding, mostly to the face, fingers and hand, is the most common as players injuring muscles, tendons and ligaments while batting, bowling and fielding;
- 35 per cent of all injuries are incurred while fielding, followed by batting 22 per cent and bowling 14 per cent;
- Overuse injuries are also common and are most often associated with back injuries to fast bowlers, particularly at the elite level and in young cricketers.

---

**Safety and Injury Prevention**

**Dr ABC**

---

**DANGER**

Check for danger to:
1. You.
2. The injured athlete.
3. Others.

---

**RESPONSE**

Ask the injured athlete:
1. Can you hear me?
2. To open their eyes
3. What is your name?

---

**AIRWAY**

Carefully turn the athlete onto their side.
Open and clear the airway by removing any obstructions such as mouthguards, blood, vomit and teeth.

---

**BREATHING**

Check for breathing.

---

**CIRCULATION**

Check for pulse.

---

**NO DANGER**

---

**NO RESPONSE**

Send for an ambulance and/or an accredited sports trainer/qualified first aid support.

---

**NO BREATHING**

An ASMF accredited sports trainer/qualified first aid should begin EXPIRED AIR RESUSCITATION (EAR).

---

**NO PULSE**

An ASMF accredited sports trainer/qualified first aid should begin CARDIOPULMONARY RESUSCITATION (CPR).

---

**BREATHING**

1. Maintain athlete in lateral position.
2. Await ambulance.

---

**PULSE PRESENT**

Continue EAR.

---

**ATHLETE RESPONDS**

STOP
TALK
OBSERVE
PREVENT

---

**Fractures Minor Injuries Bleeding Shock**

---

**Source: Coaching Children, Australian Sports Commission**
Club and Member protection

Member protection is a term used to describe the practices and procedures that protect an organisation’s members. Both individual members such as players, coaches and officials, and the member organisations such as clubs, state associations, other affiliated associations and the national body.

Children have a fundamental right to be safe from any form of abuse while involved in cricket. This is a legal requirement as well as a moral obligation. Child protection requires a commitment from all levels of cricket to ensure the environment is safe for all children.

This includes an awareness of the requirements and risks, a commitment to practices that minimise the risks, and the ability to appropriately respond to incidents of child abuse.

Member protection involves:

- Protecting members from harassment, abuse, discrimination and inappropriate behaviour;
- Adopting appropriate measures to ensure the right people are involved in an organisation, particularly in relation to those involved with juniors;
- Providing education;
- Promoting and modelling positive behaviour;
- Developing strategies to deal with allegations of harassment, abuse etc.

Cricket Australia and the state/territory cricket associations each have a Member Protection Policy as part of their ongoing commitment to the health, safety and wellbeing of its staff, players, coaches and officials.

Accreditation and screening of Volunteers

The safety and well-being of cricket participants must be the number one consideration of all clubs and associations. Clubs and associations must take all reasonable steps to ensure the safety and well-being of cricketers. Specifically, it is recommended that all coaches are accredited and continue their education to ensure the most appropriate and up-to-date knowledge and coaching techniques are being used.

All coaches, umpires and volunteers who are in contact with children are required to complete a police check and/or reference check as required by state law. Please refer to your state or territory website below for more information.

It is acknowledged that volunteers, coaches and umpires are sometimes difficult to recruit and that checks may be unattractive to a well-meaning volunteer.

However the safety and well-being of Australia’s cricketers must be the priority.

Australian Sports Commission

www.ausport.gov.au

www.dsr.wa.gov.au
www.dsr.nsw.gov.au
www.nprs.qld.gov.au
www.recsport.sa.gov.au
www.sportandrecreation.tas.gov.au/sportrectas
Helmets

Players should not be allowed to bat, field within 10m of the bat or wicket-keep up to the stumps, during a match or at practice where a hard ball is being used, without wearing a cricket helmet with a face guard.

Any individual taking responsibility for players should take all reasonable steps to ensure that the above recommendation is followed.

Players are recommended to wear a specifically designed proper-fitting cricket helmet with a face guard.

It is also in the players’ best interests for the helmet to comply with relevant Australian standard (currently AS/NZS4499: 1997 ‘Protective Headgear for Cricket’).

Ground and weather conditions

Ground and weather conditions can have a significant impact on the safety and enjoyment of cricket at both junior and senior levels. Sometimes, as is the case with weather, these conditions are somewhat unpredictable and uncontrollable and appropriate care should be taken to avoid weather-related injuries.

Umpires, coaches and teachers should exercise a conservative approach to continuing play in the rain, where lightning is present or where the field conditions have reached a point where they pose danger to participants.

It is important that clubs foster good working relationships with local government authorities to encourage a pro-active approach to the maintenance and improvement of your cricket facilities.

Keep them informed in writing of any deteriorations and don’t forget to thank them when upgrades and repairs have been completed.

Facilities

The development of quality cricket facilities for training and playing is an important part in the overall enjoyment of the game for participants and spectators.

Defining the Boundary – boundary markings

All boundaries must be designated by a rope or similar object of a minimum standard as authorised by CA from time to time. Where appropriate the rope should be a required minimum distance of 3 yards (2.74 metres) inside the perimeter fencing or advertising signs.

Should a rope or similar object used to mark the boundary be disturbed during play, umpires, players and ground staff should cooperate to ensure that it is restored to its original position as soon as the ball is dead.
Heat

Players’ health must always be considered in the scheduling of matches. Climatic conditions vary throughout Australia and individuals’ tolerance of heat and humidity varies significantly.

Cricket Australia recommends that clubs, schools and associations apply commonsense guidelines to climatic conditions that exist within their respective regions and consult with the respective Sport Medicine Australia or health promotion organisation within their state or territory to assist in the development of local policies.

Sports Medicine Australia recommends that for children and adolescents, activities should be postponed or cancelled if the temperature reaches the temperature designated by the local or state association.

Action should be taken promptly by umpires and officials to cease play under any conditions that may be dangerous to the players and officials.

Hydration

Due to the vast range of body composition, fitness, and states of acclimatisation represented in childhood and adolescence, no single recommendation on the volume of fluid to be consumed is appropriate.

More fluid appears to be consumed by young people when the drinks offered are perceived as palatable to them. Regular and effective drinking practices should become habitual to young athletes before, during, and after activity.

Guidelines for fluid replacement are:

- Drinks breaks occur every 60 minutes (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 that 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 fluid replacement and reduces the risk of contamination and virus;
- Where cups and a large container are supplied, cups should not be dipped into the container.

Sun protection

Appropriate clothing is recommended for all cricketers.

Light coloured, loose fitting clothes of natural fibres or composite fabrics with high absorption properties (high SPF rating) are the most appropriate clothing in mild and hot conditions.

This clothing should further complement the existing practices in Australia that protect the skin against permanent damage from the sun.

It is recommended that:

- Players and officials wear a broad brimmed hat;
- Shaded areas are available at all grounds. If there are no trees, artificial shades such as umbrellas or similar should be used;
- Sunscreen with an SPF of 30+ should be made available to players and officials and reapplied as appropriate throughout competition;
- Players and officials wear long-sleeved shirts; and
- Players and officials consider wearing appropriate sports eyewear.
Associations, clubs, schools and coaches adopt a consistent approach to managing the safety and injury risks within cricket.

To ensure this consistent approach, Cricket Australia has developed some recommended practices to provide quick and comprehensive guidelines to promote a safe approach to cricket at all levels.

These guidelines include:
- Risk Management
- Injury Prevention
- Safety tips for cricket
- Recommendations for the use of helmets
- Member Protection
- Accreditation and screening of volunteers
- National Club Insurance Program
- Ground and weather conditions
- Facilities and equipment
- Heat, Hydration and Sun protection

1. Risk Management is a process of systematically identifying risks and eliminating or reducing the likelihood and consequence to the participants, sport and club should they occur;
   
   ✔ True
   
   ✗ False

2. A risk management plan should aim to:
   - ✗ Reduce the frequency and severity of injuries;
   - ✗ Protect cricket from potentially damaging claims;
   - ✔ Continue to promote cricket as a safe sport;
   - ✗ Continue to minimise insurance premiums;
   - ✔ All of the above.

Before we move on, let’s see what you have learnt in this section so far...

Select answers by clicking buttons (multiple choices allowed) then click 'Submit' for results.
Well Played is designed for volunteer coaches, officials and parents who need to administer cricket to ensure it is safe, fun and inclusive for all Australians. We hope this document has been able to help you:

- Make cricket fun and inclusive for all;
- Adopt appropriate codes of behaviour for all cricket participants;
- Foster the spirit and etiquette of cricket;
- Understand a child’s development;
- Implement appropriate game formats;
- Develop safety guidelines and principles.

Cricket Australia recommends the Australian Sports Commission website for further information.

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