



# **COACHES MANUAL**

**Version 4**  
**2011-2012**

## **Introduction to the Manual**

This manual has been put together from a collection of various cricket resources to assist new coaches and managers. The first version of this manual was used for the 06/07 season and it is a work in progress. It is not exhaustive and as such, any comments about potential changes or additions are welcomed. Please email the Newcastle City Junior Registrar at [badat@inet.net.au](mailto:badat@inet.net.au) to suggest any changes/additions for next season.

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## **Introduction**

### **Codes of Conduct**

#### ***Extract from the Code of Conduct – Newcastle Junior Cricket Association (NJCA)***

- (a) This code of behaviour (the code) shall apply to all players, parents, spectators aligned with an affiliated club, members, officials and office bearers of affiliated clubs and organisations participating in, or in attendance at, competitions or matches conducted under the control of, or when representing, this association.
- (b) Persons subject to this code shall not:-
- i. assault or attempt to assault an umpire, another player or spectator;
  - ii. abuse, either orally or physically, an umpire, another player or spectator;
  - iii. dispute, as distinct from question, an umpires decision, or react in an obviously provocative or disapproving manner towards an umpire, their decision or generally, following an umpiring decision;
  - iv. use offensive, disrespectful and/or abusive language, or engage in any form of conduct detrimental to the spirit of the game, or likely to bring the game into disrepute;
  - v. in any way use crude or abusive hand signals or other gestures;
  - vi. drink, be affected by, or in possession of alcohol on the field of play;
  - vii. refuse to supply their full name and address if required by an umpire,
  - viii. engage in any other conduct, either on or in the vicinity of the field of play, considered to be prejudicial to the best interests of cricket or in contravention of the rules or competition rules of this association.
- (c) The manager or coach of a team may be held responsible for any continuing breaches of the code by a player in their team under any one of the subsections of (b) above and may accordingly be reported for failure to control their team.

#### ***Code of Behaviour for Players - NJCA***

- 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 team-mates. 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, team-mates 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.

#### ***Code of Behaviour for Parents - NJCA***

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

#### ***Code of Behaviour for Coaches - NJCA***

- Remember that young people participate for pleasure and winning is only part of the fun;
- Never ridicule or yell at a young player for making a mistake or not coming first.
- Be reasonable in your demands on players' time, energy and enthusiasm;
- Operate within the rules and Spirit of Cricket and teach your players to do the same;
- Ensure that the time players spend with you is a positive experience;
- Avoid overplaying the talented players; all young players need and deserve equal time, attention and opportunities;
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of all players;
- Display control and respect to all involved in cricket. This includes opponents, coaches, umpires, administrators, parents and spectators. Encourage your players to do the same;
- Show concern and caution toward sick and injured players. Follow advice of a physician when determining whether an injured player is ready to recommence training or competition;



- Obtain appropriate qualifications and keep up-to-date with the latest cricket coaching practices and principles of growth and development of young people;
- Any physical contact with a young person should be appropriate to the situation and necessary for the player's skill development;
- Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion.

## Aims of the Game - Handout

### AIMS OF THE GAME

Cricket is a bat-and-ball game played by two teams of eleven players on a pitch with wickets surrounded by an oval field. Each team takes a turn at batting (*innings*) with two batters on the field at any time and attempts to score runs by running from one wicket to the other after hitting the ball. The fielding team attempts to dismiss each batter until there is only one batter left, then it takes its turn at bat. The winning team is the team to score the most runs after a given number of innings (usually two).

### KEY RULES

#### Bowling

The bowler of the fielding team puts the ball into play with a straight, overarm or underarm action. The bowler bowls an *over* consisting of six balls and then swaps with another bowler who will bowl the next over from the other end of the pitch.

A *no ball* is called by the umpire for an illegal delivery by a bowler if:

- the bowler uses a throwing action instead of the legal straight-arm action;
- the bowler over steps the *popping crease* (see diagram opposite) with the front foot during the bowling action.

Each no ball scores one run for the batting team. Batters cannot be bowled out or caught from a no ball and the bowler must bowl again.

A *wide* is called if the ball is out of the batter's reach when the batter takes the normal batting stance. Wides score one run each for the batting team and the bowler must repeat the delivery.

#### Batting and running

After hitting or attempting to hit the ball the batters may elect to run or stay as they are. The batting team scores a run each time the batters cross safely to the other end and touch the ground behind the popping crease. If the ball is struck into the boundary, four runs are scored automatically without the batters running (*four*). If the ball is struck over the boundary on the full, six runs are scored (*six*).

#### Dismissal of batters or runners

The batter is given out if:

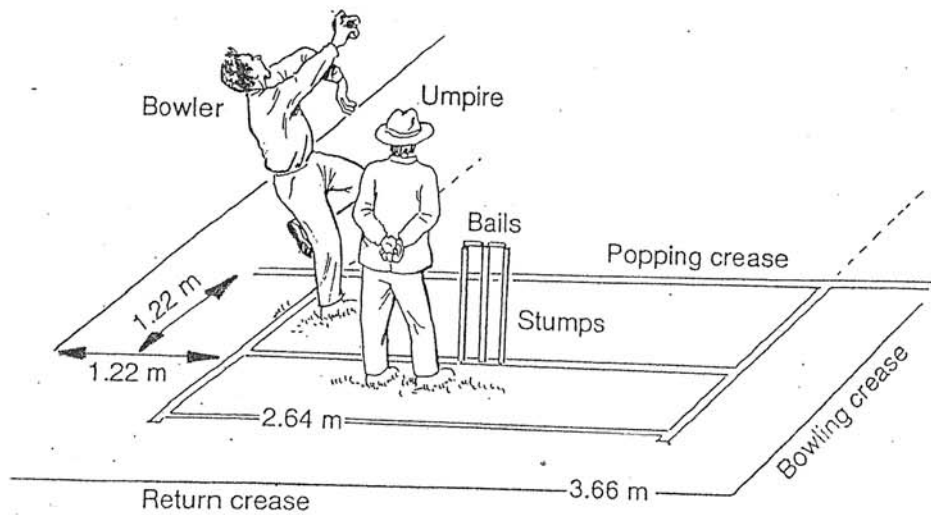
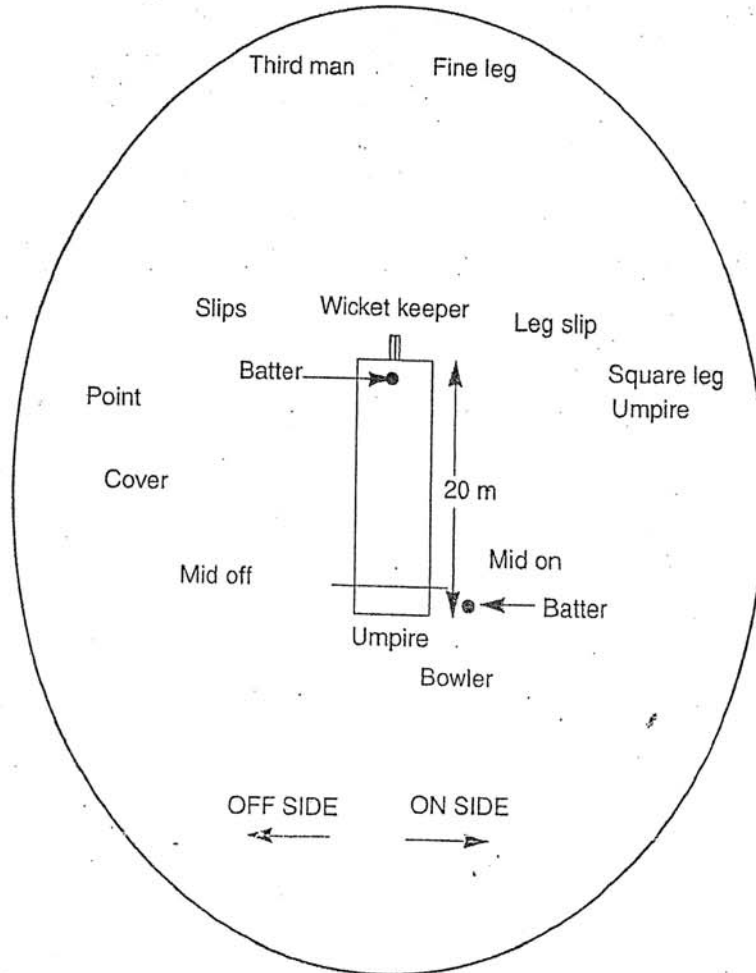
- the ball bowled strikes the wicket and removes the bails (*bowled*);
- the ball is fairly caught by a fielder after being hit;
- the umpire deems that the ball bowled is not hit with the bat but is prevented from hitting the wicket by a part of the batter's body such as the legs (*lbw*) (consult a rule book or an experienced umpire for further clarification of this complex rule);
- the batter strikes the wicket with any part of the body, clothing or equipment in such a way as to remove the bails.

The batter or runner is out if:

- after the ball is bowled a fielder causes the ball to strike the batter's or runner's wicket and dislodge the bails while the batter or runner is in front of that popping crease (*run out*).



Field and player positions (for right-handed batters)



## **Clothing and Equipment**

*Hats* – A Club cap is provided free to all new players. All previously registered players would have received a club cap. A replacement cap may be purchased from the Club for \$8. Players can wear plain white broad-brim hats if they wish (available from most sports stores).

*Game Shirt* - Players from Under 10 and upwards will receive a Newcastle City game shirt at the beginning of the season – the game shirt needs to be returned to the coach at the last game. The Under 9s play their games in the blue training shirts provided to them.

*Training Shirt* – New players and coaches/managers will receive a blue Newcastle City training shirt. Players are expected to wear these shirts to all practice sessions and club functions such as presentation days. Coaches/managers are expected to wear the shirts to the game on Saturday. Existing players may swap the older training shirts at training.

*Footwear* – Players must wear predominantly white joggers or cricket shoes with white or cream socks (coloured bands on shoes and/or socks are allowable, providing the garments are predominantly white).

*Pants* – Players must wear conventional white or cream long trousers or shorts. Most players playing 30 Over cricket wear long pants.

*Kits* – All teams are supplied with kits with bats, helmets, boxes, gloves etc. Players can use their own equipment if they have it (please ensure it is labelled).

*Protective Apparel* – Players must wear batting and wicket-keeping pads, batting gloves and protectors (for males) whilst batting or wicket-keeping. Batting thigh guards shall be worn inside any external clothing. All players must wear a protective helmet when batting and when wicket-keeping and standing up to the stumps (within 2 metres of the stumps).

## **Exercise, Fluid Intake and Dehydration**

*Information compiled by Sports Dietitians Australia.*

### **Introduction**

Water is essential for numerous functions in the body. When the body's fluid levels become depleted, through increased sweating and/or inadequate fluid intake, dehydration can occur. Almost all levels of dehydration are associated with a reduction in sports performance.

During activity, heat is generated by the exercising muscles, which raises the body's core temperature. To avoid the core temperature increasing excessively, the body employs a system known as thermoregulation. During exercise, heat is transferred from the muscles to the blood and blood flow to the skin is increased so that heat can escape into the atmosphere. The production of sweat and its evaporation from the skin, also helps keep the body core temperature low. High temperatures, humidity and strenuous exercise will all increase the amount of fluid lost as sweat. Replacing these fluid losses is particularly important to prevent dehydration and its associated dangers.





## What to Drink

It is important to find a fluid that is pleasant to drink and encourages regular consumption. Water and sports drinks are good choices. Carbohydrate-containing beverages are particularly useful during moderate to high intensity exercise of greater than 60 to 90 minutes duration, and high intensity exercise of approximately 1 hour. A carbohydrate intake of between 30 to 60 gms per hour will provide additional fuel when muscle carbohydrate stores become depleted, thus delaying fatigue. This can be achieved by ingesting between 600 to 1200 ml/hour of drinks containing between 4 to 8% carbohydrate concentrations. Drinks within this range are able to provide useful rates of delivery of fluid and carbohydrate simultaneously.

## Prevention

To prevent dehydration, attention to fluid intake before, during and after exercise is important.

*BEFORE EXERCISE* - suitable fluids should be consumed in the hours before exercise to produce a lightly coloured urine of normal or above volume. For most people, between approximately 500 to 1000 mls of fluid during the 2 hours prior to exercise will be suitable. Experimenting with timing of fluid intake will help counter the problem of needing to urinate during exercise. Those athletes who are likely to dehydrate significantly during exercise may benefit from experimenting with the consumption of as large a volume of fluid as can be comfortably tolerated e.g., between 300 to 500ml, 15 minutes before commencing exercise. In addition to providing fluid, this strategy helps to prime the stomach to stimulate a more rapid gastric emptying of subsequent fluid intake during exercise.

*DURING EXERCISE* - it is important to drink early and at regular intervals, ideally at a rate that matches sweat loss. Since thirst does not provide a guide to fluid needs, fluid intake needs to be planned for each activity depending on factors such as duration of the event and conditions. Monitoring weight before and after exercise is a useful way of estimating fluid needs. After accounting for food and fluid consumed and toilet losses, each kilogram of weight lost is equivalent to a litre of fluid. Fluid losses should be replaced before, during and after exercise.

*AFTER EXERCISE* - a deliberate effort needs to be made to replace fluids lost during exercising. Drinks containing carbohydrate and electrolytes (sodium and potassium) are useful for recovery, providing carbohydrate for glycogen storage and promoting fluid retention. Recent research suggests that the optimal sodium concentration in rehydration fluids appears to be higher than that for drinks consumed during exercise and is probably in the order of between 50 to 90 mmol/l. It is particularly important to replace fluid and carbohydrate losses when exercise is being repeated in a short period of time.



## Signs and symptoms

Common symptoms of dehydration include lethargy, nausea, loss of appetite, anxiety, inability to concentrate and in later stages, dizziness, vomiting, mental confusion and increasing weakness. Eventually this can lead to exhaustion, heat stroke and in some cases, can be fatal. Thirst is not a reliable indicator of fluid needs. Dehydration can impair performance, although the exact mechanisms for this are still unclear. Some studies have indicated that dehydration decreases the blood plasma volume, which results in less oxygen being delivered to the exercising muscle and increases breathing and heart rates. As with all medical conditions your doctor should be consulted and can diagnose and treat dehydration.

## Sun Protection Guidelines

*Sourced from the NJCA Rules Handbook 07/08.*

Whenever possible reduce the time spent outdoors when UVR levels are at their highest (11am – 3pm daylight saving time). The scheduling of cricket in the mornings and late afternoons is encouraged. Choose loose fitting clothing in a tightly woven fabric to cover as much skin as possible. A collar, worn up, with long sleeves provides better protection.

Wear a hat with a broad brim to protect the face, ears and neck. Legionnaire style caps with a broad brim and back flap are also a good choice for younger players. Caps offer very little protection from UVR.

Apply broad-spectrum, water resistant sunscreen with an SPF of 30 or higher at least 15 minutes before going outside. Remember to reapply every two hours or when sunscreen has been washed or wiped off.

Whenever possible wear wrap around sunglasses meeting the Australian Standard for UV protection (labelled AS 1067 on the swing tag). Whenever possible use any available shade. Remember, however, that reflected and scattered UVR can still burn even in the shade. It is important to be a good role model for younger players and encourage them to use sun protection measures.



## Other Information Resources

- Cricket Australia Coaching Information Page - <http://www.cricket.com.au/default.aspx?s=coaching0607>.  
This page has links to publications and useful coaching information.
- “First Innings: - <http://www.qldcricket.com.au/default.asp?PageID=870>.  
An innovative, all-round cricket resource for junior coaches, teachers, and young players designed to develop both their cricket skills, and their enjoyment and understanding of the game. This online coaching manual was formulated by Queensland Cricket’s top coaches and development managers, and features a huge array of exercises and tips from XXXX GOLD Bulls and Konica Minolta Fire players.
- HarrowDrive Fielding Drills - <http://www.harrowdrive.com/?p=208>.
- RCLA Batting Tips - [http://www.rlca.com.pk/batting\\_tips.asp](http://www.rlca.com.pk/batting_tips.asp).
- Peter Wellings Coaching Excellence: Tips - <http://www.coachingcricketexcellence.co.uk/tips.php>.
- Coaching Tips - South African website - select Coaching Tips at base of screen - <http://www.cricketschool.co.za/>.



## Junior Committee Contacts

- **Junior Vice-President – Russel Fowler**  
Ph: 0418 493 327     [randrfowler@bigpond.com](mailto:randrfowler@bigpond.com)
- **Treasurer – Andrew McTaggart**  
Ph: 0403 152 633     [andrew@mctaggarts.com.au](mailto:andrew@mctaggarts.com.au)  
*Any concerns about payments, refunds, receipts, etc.*
- **Secretary – Ross Leonard**  
Ph: 0407 614 244     [ross\\_leonard@hotmail.com](mailto:ross_leonard@hotmail.com)  
*Any concerns about the club, team or individual players. General enquiries, meetings.*
- **Registrar – Yusuf Badat**  
Ph: 0400 883 719     [badat@iinet.net.au](mailto:badat@iinet.net.au)  
*Any questions about team lists, score sheets, results and MyCricket.*
- **Clothing Steward – Steve Connors**  
Ph: 0403 363 008     [s.p.connors@bigpond.com](mailto:s.p.connors@bigpond.com)  
*Any questions about shirts and hats.*
- **Grounds – Scott Neely**  
Ph: 0420 927 816     [srneely@tpg.com.au](mailto:srneely@tpg.com.au)
- **Kits and Equipment and in2Cricket Co-ordinator – Tom Anderson**  
Ph: 0425 226 010     [brenda\\_ando@bigpond.com](mailto:brenda_ando@bigpond.com)
- **Balls – Bob Macansh**  
Ph: 0400 396 099     [bobm@quanto.com.au](mailto:bobm@quanto.com.au)
- **Schools Liaison, Marketing – Mary-Anne O’Sullivan**  
Ph: 0421 991 275     [osullivans@hotmail.com](mailto:osullivans@hotmail.com)
- **Fund-Raising – Greg Nisbett**  
Ph: 0412 725 084     [gregory67@bigpond.com](mailto:gregory67@bigpond.com)

***Please DO NOT contact the NJCA directly.***

***All communications with the NJCA must come via the relevant club contact above.***



## **Scoring**

### **Scoring Guide**

*Refer to “Scoring Guide”.*

### **Completion and Submission of Score Sheets**

An example of a blank and completed score sheet is included on the following pages. A copy of a completed score sheet for Modified 8’s cricket is also included.

*Refer to “Score Sheets”.*

#### **Notes About Score Sheets and Club Awards:**













- Note. Two score sheets shall be used for every game (except wash-outs) – there is space on each score sheet for one team’s innings only. Each team must have a score sheet for when they batted and one for when they bowled.
- The home team shall take both original score sheets at the completion of the match.
- Each team is responsible to enter their results (or confirm results) and enter their own team batting and bowling statistics on the MyCricket website before 6.00pm on the Sunday following the match (see ‘Users Guide for MyCricket’ below for details on how to do this).
- Results not submitted on time may result in a fine of \$30 per team for the first offence and \$50 per team for each subsequent offence. In addition, teams with continual offences may face loss of points and/or the outcome of the match overturned at the discretion of the NJCA.
- Coaches/managers keep their score sheets – any score sheets where a players scores 75 runs or more should be given to a committee member for the end of year presentation (see below).

Our club provides **club trophies for special achievements** throughout the year. These are:

- 5 wickets in an innings (game ball mounted on special trophy)  
*Coaches, please get the game ball (with game details and bowling stats) to Yusuf Badat (Junior Registrar)*
- 75 runs or more (considered a century in junior cricket – original score sheet framed with plaque)  
*Coaches, please get the score sheet to Yusuf Badat (Junior Registrar)*
- 100 run partnership (certificate for both batters)  
*Send an email to Yusuf*



# SIGNALS & SYMBOLS

EVENT	UMPIRES SIGNAL	RECOMMENDED SYMBOL	OTHER SYMBOLS & NOTES	
Wide Ball		+	<p>To score a wide with runs, use the wide symbol and the number of runs in the top right corner (e.g a wide &amp; 3 runs would be +<sup>3</sup>).</p> <p>To score a no-ball with runs, use the no-ball symbol and the number of runs in the centre of the circle (e.g a no-ball &amp; 3 runs would be ③).</p>	
No Ball		○		
Bye		B		
Leg Bye		L		
Boundary Four		4		
Boundary Six		6		
Dead Ball		.		NOTE: When applicable
Short Run				Remove one run from batsman and total
Wicket		X		W R if Run-Out
Penalty Runs to Fielding Side		5		Entered in Penalty Extras
Penalty Runs to Batting Side		5	Entered in Penalty Extras	
Signal Revoked			Ignore previous signal - but watch for new one	



## Users Guide for MyCricket

*Refer to “Help Sheet – Enter Player Scores”.*



## **Coaching**

Included in this section of the manual are some resources to assist you with coaching your team. These notes are intended as an aid to new coaches and managers and as a reminder to others. As a coach it is your primary objective to maximise the enjoyment that all children under your control derive from playing cricket. In order to achieve this please keep in mind the following:

- Ensure that all children participate fully
- Try to develop the abilities of all players, particularly those not as talented as others
- Try and develop a sense of team responsibility

### **Practice Sessions**

All training days and venues are nominated at the beginning of the season and any change must be advised to the Grounds Steward who holds a training schedule for all teams. A few tips to make sure things run smoothly:

- Arrange a session at the same time each week and ensure that you are always there on time
- Ensure that the training area to be used is fit and safe
- Plan the activities of your sessions in advance
- Try to vary the activities as much as possible. Use fielding drills, games to develop various batting and bowling techniques etc. - not just net practice
- For younger players incorporate running between the wickets practice. Beginners may find it difficult to judge a run. Develop the yes/no technique of calling
- Ensure that no child leaves the training venue during practice without prior approval of the coach
- Ensure that all children have been picked up at the conclusion of training. Under no circumstances leave a child unattended.
- In the interests of child safety it is essential that a responsible person be in attendance at all times





## **Coaching Courses**

The NJCA requires all coaches who are coaching a 30 Over team to have completed the Cricket NSW Level 1 Coaching Course during their first season. The course is a 12 hour course run over four weeknights and provides you with some valuable coaching resources such as a booklet and CD ROM. The club has a budget allocated towards helping new coaches meet the costs of this course (\$120). Coaches of Modified 8's teams are exempt from this requirement but may attend the course if desired. Newcastle course details for the 2011/12 season are:

**Courses for 2011/12 have not been announced as at 26/9/11  
Coaches will be notified of course dates as soon as they are available**

## **CA Orientation to Coaching Booklet**

*Refer to "Cricket Australia Orientation to Coaching Booklet".*

## **Common Errors in Batting and Bowling**

*Refer to "Common Errors".*



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## Modified 8s Lesson Plans

The following lesson plans have been designed for use for Modified 8s cricket but can be applied to older age groups also.

*Refer to “Modified 8s Lesson Plans”.*



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## Warm-up and Stretching - Handout

### Warm Up

#### WHY?

- to increase heat throughout the body
- to reduce risk of tearing or straining muscles by increasing their suppleness

#### HOW?

- 2-3 minute jog, to raise a light sweat (complete before stretching)

### Stretching

#### WHY?

- to increase flexibility and freedom of movement
- to reduce muscle tension
- to reduce the risk of muscle and tendon injuries

#### HOW?

- hold stretch for 10-20sec - DO NOT BOUNCE
- repeat each stretch 2-3 times
- stretch gently and slowly, keep breathing
- stretch to the point of tension - NEVER PAIN
- select the major muscle groups used in your sport and stretch them through their full range of movement

ENTIRE STRETCHING SESSION SHOULD TAKE 15-20 MINUTES

To increase or maintain flexibility and muscle suppleness, a 20 min stretching session 2-3 times per week is recommended. This can be performed separate to your sporting activity

### Cool Down

#### WHY?

- to help remove muscle waste products
- to reduce muscle soreness and stiffness
- to enable you to compete again at the same level within a short period of time

#### HOW?

- 2-3 minute light jog, or brisk walk immediately after sport
- 5-10 minutes of stretching (emphasise the major muscle groups you have used during your sport)



## Stretching Exercises



**1. Neck Flexion/Extension Stretch**  
(forward, then back)



**2. Neck Lateral Flexion Stretch**  
(one side, then the other)



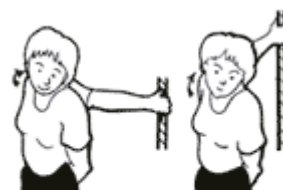
**3. Latissimus Dorsi and Posterior Deltoid Stretch**  
(link hands, push elbows together)



**4. Triceps Stretch**  
(pull elbow across and down)



**5. Shoulder Rotator Stretch**  
(using towel, pull up with the top arm then down with the other)



**6. Pectoral Stretch at 90° and 120°**  
(use a doorway or post)



**7. Bicep Stretch**  
(hands apart)



**8. Supraspinatus Stretch**  
(keep elbow parallel to ground)

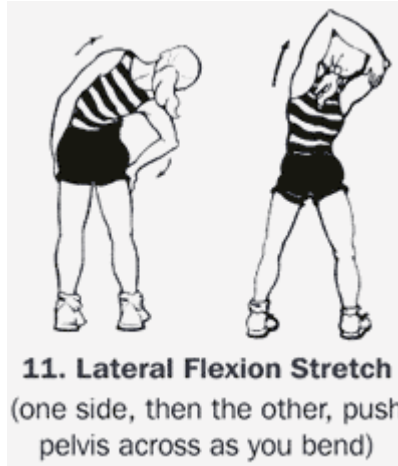


**9. Wrist Extensor Stretch**  
(tilt head to opposite side, keep elbow straight)





**10. Thoracic Extension Stretch**  
(reach forward with arms, push chest towards floor, arch back down, backside behind knees)



**11. Lateral Flexion Stretch**  
(one side, then the other, push pelvis across as you bend)



**12. Lumbar Extension and Abdominal Stretch**  
(be gentle if sore)



**13. Lumbar Flexion Stretch**  
(be gentle if sore)



**14. Lumbar Rotation Stretch**  
(rotate legs one side, then the other side, draw in and brace stomach muscles at the same time, breathe)



**15. Hamstring Stretch**  
(straighten leg)  
i. with foot pointed  
ii. with foot pulled back towards the knee



**16. Hamstring Stretch**  
(commence with knee slightly bent, then push knee straight as tension allows, push chest towards foot)



**17. Adductor Stretch**  
(push down with elbows on knees very gently, keep back straight)



**18. Gluteal Stretch**  
(pull knee and lower leg towards opposite shoulder)



**18. Gluteal and Lumbar Rotation Stretch**



**20. Quadriceps Stretch**  
(keep pelvis on floor)



**21. Quadriceps Stretch**





**22. Adductor Stretch**  
(keep foot pointing forward, lunge sideways on bent knee, keep back straight)



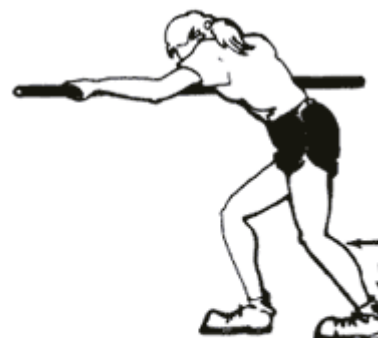
**23. Hip Flexor Stretch**  
(keep back straight, tuck bottom under, lunge forward on front leg)



**24. Tensor Fascia Stretch**  
(continue to push bottom forward, whilst pushing hip to the side)



**25. Gastrocnemius Stretch**  
(keep knee straight and heel down, feet facing forward)



**26. Soleus Stretch**  
(knee bent over rear foot, feet facing forward)





## Game Day

### The Draw, Grounds and Start Times

**Draw** – the draw is compiled by the NJCA after all teams have been submitted at the Team Entry night in the last week of September. The draw is usually made available on the NJCA website (<http://www.newcric.org.au/>) in the first week of October. To access the draw or print copies for your team, navigate on the right-hand side menu to ‘MyCricket’ – ‘Matches’ – ‘Fixtures’.

**Ground** - A listing of the grounds, with street directory references and maps, is available on the NJCA website by clicking on the ‘Grounds’ link on the left hand side. The home grounds are requested by us based on applications to council etc, and are allocated by the NJCA after the team entry night at the end of September.

**Modified 8’s** – these games are held at a centralised ground and will commence at either 8:30am or 10:30am (lasting 1.5 hrs).

**Modified 10’s** – these teams are allocated a local home ground depending on availability. Most draws will have home and away games alternating. These games are to commence at 8:40am sharp and will finish no later than 12 noon.

**30 Over** – these teams are allocated a local home ground depending on availability. Most draws will have home and away games alternating. These games are to commence at 8:40am sharp and generally go for about 3.5 hours.

### The Rules

Rules for our competition are compiled by the Newcastle Junior Cricket Association (NJCA) and are based on the MCC International Laws of Cricket. The NJCA Rules Handbook may be accessed on the NJCA website at <http://www.newcric.org.au/>

Some important rules you should know are:

- In the under twelve (12) years competition from and including third division down, a **six ball over** shall apply, including no balls and/or wides, except in the last over of each innings where all no balls and wides shall be re-bowled. Some junior teams above U12 Div 3 will also make an agreement before play commences between the two coaches that there will be a maximum 8 balls per over (including wides and no-balls). Agreeing to this before play commences can reduce the time taken for the game, especially if there are some weaker bowlers in the team. Under this agreement, any over shall have a maximum of 8 balls except for the last over of an innings which must have 6 legal deliveries.
- A **minimum of seventeen (17) overs per side** has to be achieved to constitute a game, otherwise the match will be declared a draw. If play cannot be commenced by 10am the match shall be abandoned and declared a draw. Rules for what happens in a rain shortened match can be found on p.20 of the NJCA Rules Handbook.



- Sides shall have **equal batting opportunity**, batting for either 1 hour 30 minutes or for 30 overs. The team scoring the most runs shall be the winner and the result is decided on the first innings. Matches shall be considered finished immediately a result has been obtained.

Where a bowling team completes between 27 and 30 overs in the 1 hour 30 minutes allowed, they shall receive the full 30 overs when batting. If a team bowls less than 27 overs, their batting innings is reduced by one over for every over less than 27 which they bowled as a **punishment for slow play** (e.g. if a team bowls first and only gets 25 overs done [2 less than the required min. of 27], then they only receive 25 overs).

- For 30 Over games, one **drinks break** may be taken, on the field of play, during an innings. The recommencement of play is to occur within five (5) minutes of commencing the drinks break. The 5 minutes shall be added onto the second batting innings. For 50 Over games, **drink breaks** may be taken, on the field of play, during an innings at 9.50am and again at 11.00am. The recommencement of play is to occur within five (5) minutes of taking the drinks break.

*Note that some coaches agree to more frequent drink breaks depending on conditions on the day. If this is the case, ensure BOTH coaches agree that the extra time taken will be added onto the end of each team's innings to ensure no team is disadvantaged.*

## The Field

There are some restrictions on fielders, and some of the important issues are included below. Consult By-Law 11 - Fielders Restrictions, in the NJCA Rules Handbook for further details.

- No fielder shall be positioned within ten (10) metres of the batsmen's stumps in front of the batsmen (i.e. in the semicircle from square leg to point) unless such fielder is wearing a helmet and protector. No player in the under 13 or below age groups shall field within the ten (10) metre circle at the strikers end, with the exception of the wicketkeeper, offside slip and gully fieldsman.
- No player may enter this restricted area until after the ball is hit by the batter, strikes the body or equipment of the batter or passes through to the wicket-keeper. Note. A line may be drawn on the ground to define the restricted area at the required 10 m radius.
- Boundary dimensions are:

Under 10 - 30 m	Under 12 - 45 m	Under 14 - 55m
Under 11 - 40 m	Under 13 - 50 m	Under 15, 16/ 17 - 60 m

See the Cricket Australia "Orientation to Coaching Booklet" for a diagram showing the fielding positions.

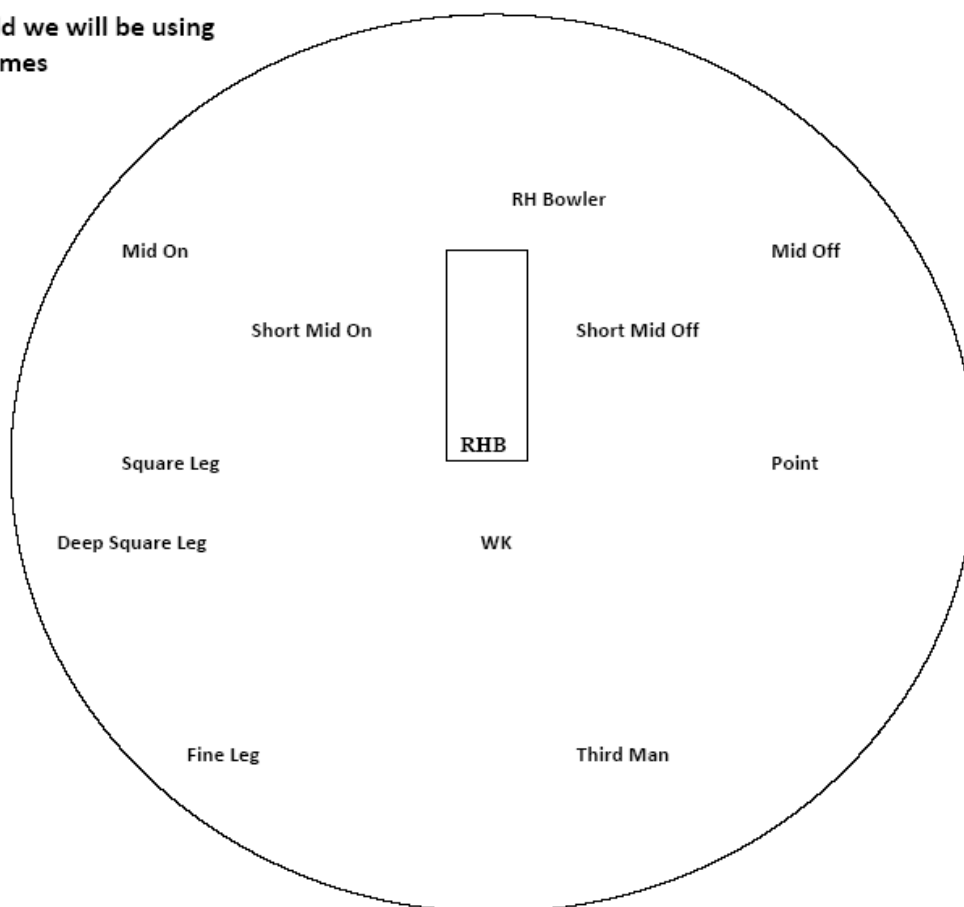


For **Modified 8s**, there must be three fielders on either side of the pitch. An easy way to rotate the field is to have the two people closest to the bowler's end bowl two overs each (alternating) and then everyone rotates clockwise two positions to get the next two bowlers.

For **Modified 10s**, there must be four fielders on either side of the pitch. Players rotate one position in a clockwise motion at the end of each over. It is required at least 2 players have a turn at wicket-keeping.

One of our junior coaches has put together some guidance below for younger teams (U10-U13) on fielding positions and rotating the fielding and bowling during a **30 over game**.

**Starting field we will be using for most games**



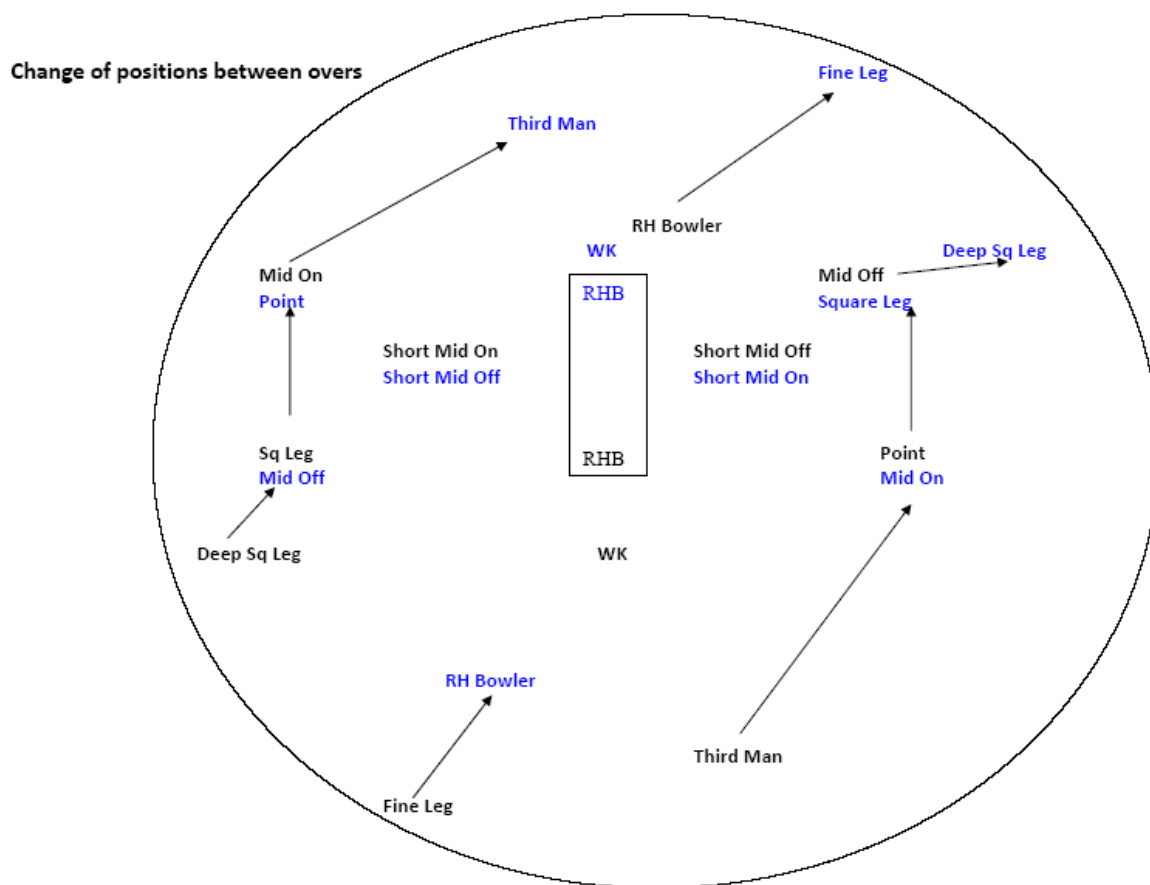
**Fielding Position Tips** – Encourage players to learn the names of all of the positions listed and where they should be relative to the pitch, as it is important that you they know them.

1. You will need to bowl 30 overs each week within a set timeframe (1.5 hrs) and you are penalized if you don't, so it is very important that the change of ends between overs is completed quickly and everyone knows exactly where they should be. Please see the change of ends diagram on the following page so you can see where you should be going next.



2. Anyone fielding in front of the batsmen (in a semi circle from square leg to point), must be at least 10m away.
3. All out-fielders need to be moving in with the bowler. Get them to mark where they should be when the batter hits the ball and then make sure they are 5m deeper so they can move in with the bowler.
4. Every time the ball is hit into the field, all fielders need to get into position so they can back-up any throws to the stumps and stop overthrows.





Some more detail about each position is included below:

**Third Man** – 2/3s of the way to boundary – This position must act as the main backstop for the wicket keeper. Will also get catches from balls that fly off top edges.

**Fine Leg** – Stay right on the boundary as the ball can come very fast – Mainly to stop 4s being hit. Also needs to backstop wicket keeper in case Third Man misses. This position will be occupied by the bowler from that end. When a new bowler is starting a spell, the previous bowler from that end will take the new bowlers previous position on the field.

**Deep Square Leg** - Stay right on the boundary as the ball can come very fast – Mainly to stop 4s being hit. NOTE: Only 2 players on the leg side are allowed to be behind square. So either deep square leg or square leg should be in front of square leg umpire.

*Note: For Left handed batsmen – Third Man, Fine Leg & Deep Square Leg all need to rotate to take up the positions appropriate spot for left hander – Third Man becomes Deep Square Leg, Fine Leg moves to the other side of the wicket keeper and Deep Square Leg becomes Third Man. They will need to rotate quickly each time batsmen change ends.*



**Square Leg** – about 15m from the bat near square leg umpire. Main job is to take catches & stop batsmen from taking quick singles in that area.

**Mid On** – In line with the stumps at the bowlers end. Be ready to get to the stumps for run outs at the bowlers end or back up if throw is coming in from other side.

**Mid Off** – In line with the stumps at the bowlers end. Be ready to get to the stumps for run outs at the bowlers end or back up if throw is coming in from other side.

**Point** – about 15m from the bat square of the wicket on the off side. Looking for catches and stopping singles. If the bowlers are quicker, may need to move more to a gully (behind square) as the shots will be finer.

**Square Leg, Mid On, Mid Off & Point** form a square around the wicket and need to be on their toes to stop any quick singles, look for run outs, and cover all throws at the stumps to stop overthrows.

**Short Mid On & Short Mid Off** – 5m to the side of the wicket and at least 10m from the batsmen (about middle of the pitch). These positions are stationary and are there for catches that pop up in front of the wicket. They are also used to put pressure on the batsmen to stop them from taking quick singles, so the fielders need to get onto all balls quickly and look for run outs. Back up throws coming into the stumps to avoid overthrows.

*Note: If a batter is set and hitting out, one or both of these positions may be pushed into the outfield to save runs. If there is only one in position, they will be on the opposite side of the pitch to the bowlers follow through.*

*Note: As bowlers get quick enough to get edges and require a regular slip or gully catcher, one of these positions will fill that role.*

The general rules in the field are to look alive, be on the move, get to the ball as quickly as you can, always put yourself in a position to back up throws and move quickly to your next position. If the team does all of these things well, they will build pressure on the batters, which will put them in two minds about taking runs and that's when they make bad calls to present run out opportunities, or hit catches.



## **Wet Weather**

The NJCA maintains a wet weather information service available by phoning 1900 920 213. The service is updated regularly after 7am Saturday mornings, and if there is no cancellation you must proceed to the ground or face forfeiture.

- It is the responsibility of the home team to check their ground and call the wet weather line to cancel the game if required (try to call the line by 7:30am) – in cases of heavy rain, all games will be cancelled anyway.
- Results must be entered on Results Vault regardless of whether play proceeded or not (enter as 'Match Abandoned'). The score sheet must also be completed (just put "wash out" across it in big letters) and must be handed in as normal.
- Teams participating in matches not cancelled by the association (i.e. if your ground is not on the wet weather line) must proceed to the allocated ground otherwise forfeiture of points could result.
- Curators or controllers of club grounds shall notify the association secretary by 6.30am on Saturday whenever the pitch or ground is unfit for play.

## **Paying the Umpire**

If you have an umpire for the match, they are to be paid \$25 by each team. Please make sure you get a receipt and get the umpire to sign (if you don't have a receipt book, just write one on a piece of paper). The receipts need to go to the Jnr Treasurer so you can be reimbursed.

## **Regrading**

All teams (including Modified 8s teams) are regraded by the NJCA after 5 weeks of competition. The regrading results are posted to the website after week 5, and all draws are updated accordingly. All regraded teams that are regraded carry over their points from the first five games.

## **Rotational Batting and Bowling**

Our club encourages a rotational policy for batting and bowling to ensure all kids have a go. It is understood that in higher division teams (particularly Div 1), this policy may not be applied but it is particularly useful in younger age groups and lower grades to reduce player turnover and raise participation levels. You may also wish to review this policy if your team makes the finals. Some guidance has been provided below on possible rotation methods. Coaches or managers may wish to keep their own stats or review the stats on Results Vault to ensure fairness.

*Note that this is not applicable for Modified 8s and Modified 10s teams as partners bat for four/five overs and each player bowls a minimum of two overs each.*



## Batting

One method when preparing a batting list (for a team with 12 players) is:

To have the six main batters in positions 1, 3, 5, 7, 9, 11

And the other six batters in positions 2, 4, 6, 8, 10, 12

*Players can rotate within each set to mix up partnerships. This is a very simple and effective method and ensures there is a mix of skills throughout the order.*

A second method is to nominate an order at the start of the season which remains constant for the entire season. No batter can bat again until everyone in the team has batted. An example of this is included below for a team of 12 players:

Match 1	Match 2	Match 3
Batter 1	Batter 12	Batter 6
2	1	7
3	2	8
4	3	9
5	4	10
6	5	11
7	Only 6 batted	12
8		1
9		2
10		3
11		4
All batted		Next 11 batted

Although this system has a few “teething” problems during its early phases, it has been generally accepted that it is a genuine attempt to give all players an equal, or near equal as possible, number of innings in a season and a chance to bat in varying positions in the batting order. There were three main criticisms of the system:

1. Teams complained that their weakest or least experienced batters were sometimes placed in a situation where they had to open the batting against the opponent’s strongest bowlers.
2. If the team’s strongest batters come to the crease with only a few overs to go and finished “not out”, they were unable to continue batting the next week and had to wait for the full cycle to take place again before they get another chance to score runs.
3. *There is liitle rotation of batting partners.*

*A few notes to deal with these issues:*

1. *It is useful to clarify at the beginning of the season that if a player is absent and not replaced, their allocated number is skipped that week and no rearrangement of the order will take place the following week.*
2. *You may want to have a rule which says that if a batter comes in at the end and has two overs or less left and are not-out at the end of the innings, they go to the top of the order (i.e. open the batting) in the following week.*





3. *12th Man - Where all 12 players are available for a game, a 12th Man will be allocated on a rotational basis. The 12th Man cannot bat, but can be used as a substitute fielder to provide fielders with a rest (and must bowl if used as a fielder). To avoid confusion, the 12th man player is considered absent from the batting order and must await their next turn in the batting order before batting again.*

## **Bowling**

The rotation of bowlers will depend on a number of factors such as:

- the team you are playing (do we need to open with good bowlers)
- who has just batted (if the best bowlers have just finished batting then you may want to rest them for the first few overs)
- who is the wicket keeper (if you rotate the keeper position then this will affect who can bowl on the day)

Generally, you should try to give all players at least one over (all bowlers have a max. of 6 overs per match). A typical break-up in a 30 over game may be:

- Four best bowlers – 4 overs each.
- Four medium range bowlers – Two have 3 overs and three have 2 overs each.
- Four weakest bowlers - 1 over each.

*A few notes for you to consider about bowling rotation:*

1. *Many teams will use specialist opening batters – you may want to use the better opening bowlers each week to combat this.*
2. *There will be times when the team is close to getting the other team out and you may want to use specialist bowlers to finish the inning, or when you are close to getting the required runs, and may want to change the batting order to have a better batter come in. These changes should be considered carefully though, and it is useful to state that these changes may occur on the run during games as the coach/manager see fit.*

## **Quick Checklists**

### **Take to the Game Check List**

- Cricket kit
- New balls
- Umpire's counter
- Watch
- Score book, pencils and rubber
- NJCA Playing Rules and Regulations
- Score Sheet /Book
- Copy of the Draw
- Other items (chalk, tape measure, broom or spade, first aid kit)



### **Match Check List**

- Arrive at least 30 minutes before the starting time
- Check conditions of the pitch to ensure that the entire playing area is fit and safe, mark creases if necessary, sweep pitch if necessary.
- Place markers on boundaries in conjunction with the other coach/manager
- Place stumps in position
- Exchange team lists and toss no later than 15 minutes before the schedules start of play
- Agree on which umpire's watch is to be used as the official time piece
- Ensure drink breaks are kept to time
- At the end of play ensure both score books are correct and both sides to sign appropriate pages (plus umpire if applicable)

### **Completion of Match**

- Complete score result sheet and have opposition sign it as correct
- Record results on MyCricket



## Umpiring

### Notes about Umpiring:

Just a couple of quick things which may not be specifically mentioned:

- NO-BALL is:
  - When ball bounces more than twice before reaching the batter.
  - When ball is bowled and does not hit the pitch at all.  
*Note. The batter is entitled to hit a no ball before it goes past them (even if rolling or come to a complete stop) and the batter cannot be bowled or caught out (only run out).*
- WIDE is:
  - When ball bounces once on pitch and then off the pitch or wide of the batter.  
*Note. The batter cannot be bowled or caught out off a wide (only run out).*
- DEAD BALL is:
  - Any ball bowled and pitching on the concrete joint in the centre of the pitch or where the bowler drops the ball in their delivery stride.  
*Note. Dead Balls shall not be counted in the over and must be rebowled.*
- There is NO LBW (Leg Before Wicket) in Modified 8's.
- 12<sup>th</sup> Man can field and bowl, but cannot bat.
- Coaches can, with the agreement of the other coach, draw a second crease with chalk up to 4 metres down the pitch for weaker bowlers to bowl from.

### Umpiring Signals

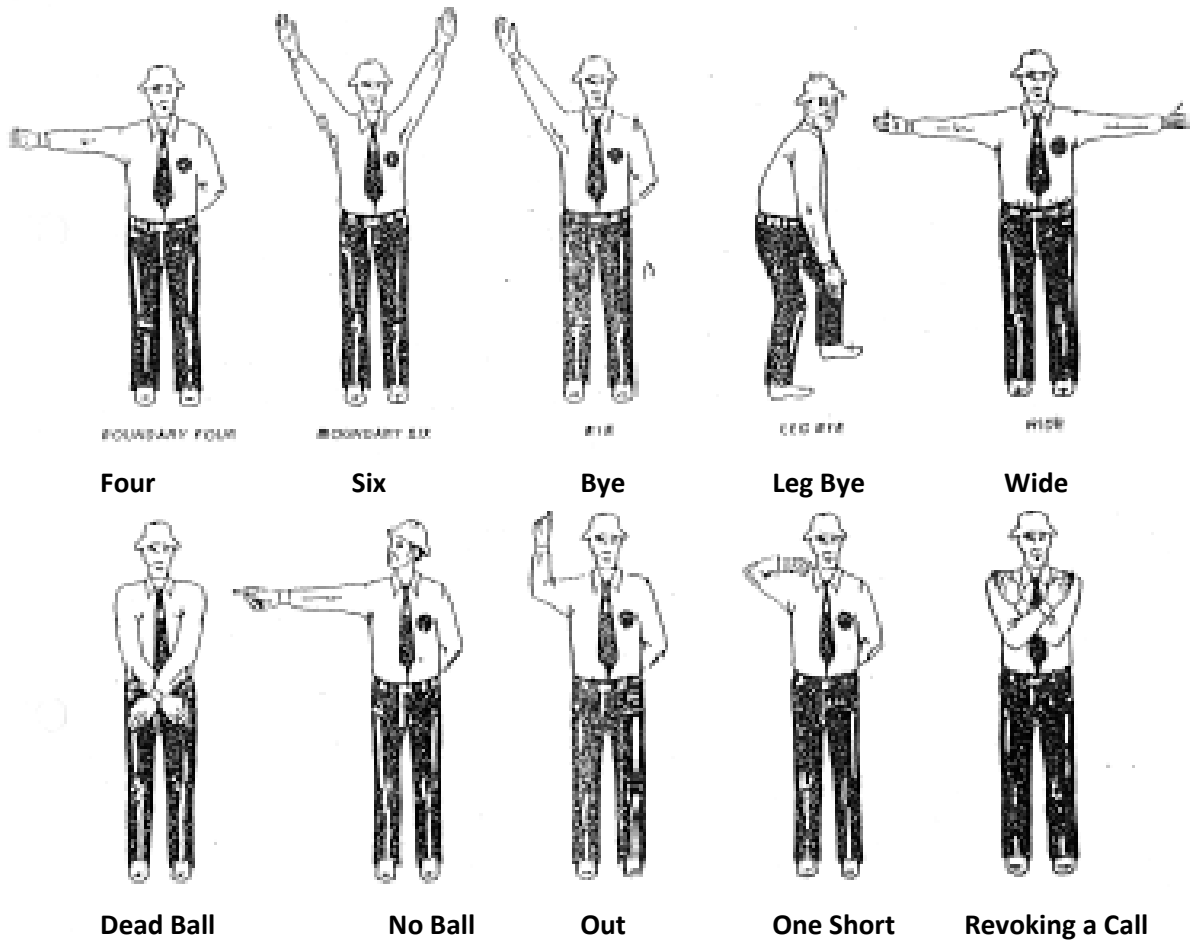
The official signals used by umpires are shown below.

Do not allow the game to continue until all signals have been acknowledged by the scorers. Give multiple signals one after the other in the time order of the events they represent. Get an acknowledgement from the scorers for each individual signal before giving the next. E.g. if a "No Ball" misses the bat and does not hit the striker and is then missed by the wicketkeeper and goes to the boundary, the signals to the scorers when the ball is dead will be:-

1. No Ball, wait for acknowledgement,
  2. Bye signal (no runs to the batsman), wait for acknowledgement,
  3. Signal "Boundary 4", wait for acknowledgement.
- In this case a total of 5 "No Balls" are scored. (1 for penalty + 4 for boundary)

See over page for illustrations of the various signals.





## Introduction to Umpiring

*Refer to "Introduction to Umpiring".*

