



## GAME DAY RULES – STAGE 3 – 30 OVER FORMAT

	ACT Local Rules
Summary	PLAYING and COMPETING - <a href="#">The Laws of Cricket</a> apply except where specific local rules have been applied in this document. IF ANY DOUBT EXISTS, COACHES/TEAM MANAGERS & CAPTAINS SHOULD MEET BEFORE A BALL IS BOWLED TO AGREE ON THE WAY FORWARD
Purpose	Community club
Description	This format is appropriate for players with developed skills who are ready to apply them in the full dimensions of the game – it is aligned to adult cricket on a full- length wicket with 11 players.
Indicative age	U14 - U15
Coach	<ul style="list-style-type: none"> <li>Accredited Community (Level 1) Coach</li> </ul>
Game type	<ul style="list-style-type: none"> <li>30 Over One-day Cricket</li> </ul>
Ball	Kookaburra Special Test 156g (White) Kookaburra Red King 156g (White) Kookaburra Colt 156g (White)
Time	<ul style="list-style-type: none"> <li>225 mins (3.75hrs). Please refer to Match Management Tips in the CA Junior Cricket App &amp; on the <a href="#">CACT website</a></li> <li>15 overs to be bowled from one end at a time. Volunteer umpires must change positions every 5 overs</li> <li>A 5 min drink break halfway through an innings and an interval of maximum 10 mins for a change of innings is accounted for in the scheduled playing time. The interval period should be as brief as possible</li> </ul>
Equipment	<ul style="list-style-type: none"> <li>Helmets <b><u>must be worn at all times</u></b> whilst batting &amp; wicket-keeping.</li> <li>Pads</li> <li>Gloves</li> <li>Protector</li> <li>Additional safety equipment can be worn based on match conditions and/or personal preference</li> <li>2 sets of stumps with bails</li> <li>Bat size suitable to individual player</li> <li>Measuring tape or string to measure boundary</li> <li>Boundary markers</li> </ul>
Boundary	<ul style="list-style-type: none"> <li>50m. Boundary to be measured from the centre of the pitch</li> <li>Refer to Ground Setup Document on the CA Junior Formats App for further information on boundary setup process</li> </ul>
Pitch type and length	<ul style="list-style-type: none"> <li>Hard wicket 20.12m (standard pitch length)</li> </ul>
Team	<ul style="list-style-type: none"> <li>11 players on the field per team (when fielding)</li> <li>Teams can nominate up to 14 players in the squad on the Team sheet handed to the scorers <b>prior</b> to start of the match. Captains to agree if only 11 players will bat or all players will bat if more than 11 are nominated</li> <li>7 players per team minimum are required to play the game</li> <li>10 wicket dismissals equals the end of innings</li> </ul>

Batting	<ul style="list-style-type: none"> <li>• Compulsory retirement after 45 balls faced</li> <li>• Any retired batters may return to the crease once all others have batted, in the order that they retired. If there has been a 12th nominated player, that player must bat before retired batters can return</li> <li>• Batters deliberately losing their wicket or being retired early to have a retired batsman return is against the spirit of cricket</li> </ul>
Bowling	<ul style="list-style-type: none"> <li>• 6 balls per over (Wides and No Balls are to be re-bowled, with a maximum of 8 balls per over)</li> <li>• A bowler cannot bowl more than 20% of the overs to be bowled in an innings.</li> <li>• Umpires are to note that <a href="#">Law 22</a> applies for Wides, notably 'passing wide of the striker unless it is sufficiently within their reach for them to be able to hit it with their bat by means of a normal cricket stroke.' <b>It should not be interpreted in the same manner as it would be in a One Day International.</b> A ball passing down the leg side of a batter is not necessarily a Wide</li> <li>• A bowler shall be allowed to bowl one fast short pitched delivery per over. Subsequent deliveries are to be called a No Ball. (A fast short-pitched delivery is defined as a ball that passes or would have passed above the shoulder height of the striker standing upright at the crease)</li> <li>• If a full pitched ball passes or would have passed above the waist height of the striker standing upright at the crease, regardless of the speed of the bowler, either Umpire shall call and signal No ball (if doubt exists, err towards calling a No ball)</li> <li>• Illegal actions should not be called No ball. Players should be coached to correct an illegal action. If an illegal action presents a danger to the batter the bowler should be asked to slow down or removed from the attack</li> <li>• If a bowler deliberately throws the ball, a No ball shall be called. If a bowler deliberately throws the ball a second time, umpires shall remove the bowler from the attack</li> <li>• <a href="#">Current Cricket Australia Pace Bowling guidelines apply</a></li> </ul>
Fielding	<ul style="list-style-type: none"> <li>• To ensure players experience all fielding positions, fielding rotations can be implemented at the discretion of the Coach</li> <li>• No fielders within 10 metres of the batsman (except regulation off-side slips, gully and wicket keeper)</li> </ul>
Dismissals	<ul style="list-style-type: none"> <li>• All modes of dismissal count</li> </ul>